







1885-11th

*Mass.: Northampton state hospital (Insane)
Annual report*

SENATE....No. 8.

Commonwealth of Massachusetts.

To His Excellency HENRY J. GARDNER, Governor of the Commonwealth of Massachusetts, and to the Honorable Council:—

The Trustees of the State Lunatic Hospital, at Northampton,
submit the following

1st

R E P O R T:

After their appointment, one of the first subjects which claimed their attention was the extent of their powers, and of course of their duty, as to the building for the hospital which is in process of erection. After a careful examination of the acts of the legislature bearing upon the question, they became satisfied that the superintendence of the building had been intrusted, exclusively, to the commissioners appointed for that purpose; and they have, therefore, forborne any interference with that trust. They entertained no doubt, however, that the care of the real estate, connected with the hospital, properly belonged to themselves.

Upon inquiry they found that the management of the farm had been undertaken by S. S. Standley, Esq., one of the commissioners, and in consequence of the late period in the season at which they received their commissions, they deemed it expedient to request Mr. Standley to continue in the management, to which he consented. His account is annexed to this Report.

The receipts from the farm during the present year are not to be considered a test of its productiveness, as little has been done upon it, more than was necessary to preserve the crops growing on the land.

The site of the hospital is excellent, and in natural beauty the scenery about it can hardly be surpassed; but though the commissioners have availed themselves of the advantages of the situation in a judicious manner, yet after the building is completed, much will remain to be done before the objects contemplated by the legislature can be realized. Much labor will be required for the removal of the earth about the north-westerly angle of the building, at which point the foundation is sunk several feet below the surface of the soil; avenues and walks are to be opened, and planted with shade trees and shrubbery; fences are to be made or repaired; a suitable portion of the land is to be prepared and inclosed for the use and convenience of the inmates; stock and farming utensils are to be provided; and the necessary furniture for the hospital is to be purchased and placed in the building.

The attractiveness of the place, and in some degree even the usefulness of the institution, will depend upon the manner in which the grounds are laid out and arranged. The Trustees have been desirous of fixing upon some general plan of improvements, which can be gradually carried out, in part, it is hoped, by the voluntary labor of the patients. With this object in view, a majority of them have visited several similar institutions; they have also consulted a gentleman of taste and experience in this department, who has examined the grounds, and aided them by his suggestions and advice, but they have not found it necessary to decide upon the details of the plan, as they had not the funds necessary to commence its execution.

The Trustees take the liberty to subjoin an estimate of the amount of money which in their judgment ought to be expended during the ensuing season, the expenditure of a large part of which will be required before the hospital can be opened for the reception of patients.

CHARLES E. FORBES.
HORACE LYMAN.
ELIPHALET TRASK.

ESTIMATE BY TRUSTEES.

Fencing farm,	\$3,000 00
3 horses,	450 00
2 pair oxen,	350 00
1 ox cart,	80 00
1 horse cart,	50 00
1 two horse wagon,	125 00
1 one horse wagon,	100 00
1 buggy wagon,	100 00
5 harnesses,	90 00
Ploughs, harrows, chains, shovels, hoes, forks, rakes, wheelbarrows, &c.,	155 00
20 cows, at \$40,	800 00
Hay and grain for teams,	600 00
To pay for farm labor,	2,500 00
Horses and carriages for hospital,	1,500 00
Salary for superintendent, assistants, and help,	3,000 00
Grading grounds and making roads,	6,000 00
Gas fixtures and gas,	3,500 00
Crockery and cutlery,	3,000 00
House furnishing goods for superintendent, assist- ants and help,	4,000 00
Furnishing 150 rooms for patients, at \$20,	3,000 00
“ 100 “ “ “ “ 15,	1,500 00
“ halls,	5,000 00
500 tons coal, at \$8,	4,000 00
For contingencies,	5,600 00
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	\$48,500 00

Trustees of the Northampton Insane Hospital in account with
S. S. STANDLEY.

Credit for moneys received :—

June 1, for 5 loads gravel,	\$0 30
7, for 2 months, rent of shanty,	4 00
11, for grass,	15 00
July 7, for pasturing,	15 75
for grass,	20 00
for land rent of mill,	13 00
for lot of grass,	15 00
for pasturing,	10 50
Sept. 18, for pasturing,	6 00
for potatoes,	10 00
for rent of house,	50 00
31, for rent of shanty,	8 00
Nov. 1, for rent of shanty,	2 00
for pasturing,	8 25
for potatoes and apples,	5 91
for land rent,	5 00
for land rent,	6 00
for rent of shanty,	2 00
	<hr/>
	\$196 71

Bills due for land rent,	\$20 00
house rent,	37 50
land rent,	13 00
apples and potatoes,	3 00
apples and potatoes,	8 75
	<hr/>
	\$82 25

Amount of Stock on hand.

120 bushels corn, at 80 cents,	\$96 00
30 bushels potatoes, at 40 cents,	12 00
5 bushels beans,	10 00

2 tons straw,	\$12 00
10 pigs,	45 00
4 pigs,	40 00
8 tons hay, at \$12,	96 00
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	\$311 00

Amount of Moneys paid.

Sept. 18.	To cash for 2 pigs,	\$10 00
23.	To cash for 10 pigs,	30 00
Oct. 7.	To cash for 2 pigs,	14 00
11.	To cash for lumber,	11 50
11.	To cash for 3 shovels,	3 37
13.	To cash for 2 hoes,	1 50
13.	To cash for 3 baskets,	1 50
13.	To cash for 3 buckets,	50
Nov. 10.	To cash for 1 crowbar,	1 19
10.	Use of cultivator and plough,	1 50
15.	Repair of harness,	4 00
17.	Irons for whiffletrees,	2 50
Dec. 5.	Repair of ox-yoke,	1 17
5.	Sled,	38 50
—.	Use of ox-sled,	1 25
		<hr/>
		\$122 48

Recapitulation.

Amount of moneys received,	\$196 71
Amount of bills paid,	122 48
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Amount on hand,	\$74 23
Amount of bills due,	82 25
Amount of stock on hand,	311 00
	<hr/>
	\$467 48

S. S. STANDLEY.

December 10, 1856.



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PUBLIC DOCUMENT....No. 11.

Commonwealth of Massachusetts.

To His Excellency HENRY J. GARDNER, Governor of the Commonwealth of Massachusetts, and to the Honorable Council:

The Trustees of the State Lunatic Hospital at Northampton, submit the following as their

SECOND REPORT:

The hospital buildings not having been completed, their duties have been limited to the management of the real estate, and to the improvements of the grounds about the buildings. The appropriations for the latter purpose were made at so late a period, that they have not been able to accomplish so much as they hoped to do, or as was desirable.

The schedule hereto annexed, marked (A.) shows the kind and estimated value of the property on hand, belonging to the State; and the schedule marked (B.) being the Report of E. Trask, Esq., the Treasurer, shows the amount of money received from the State, and also, in general terms, the amount and objects for which the money has been expended, and the balance on hand at this date. The improvements of the grounds will be continued to the close of the season.

All which is respectfully submitted.

ELIPHALET TRASK,
CHARLES SMITH,
HORACE LYMAN,

Trustees.

September 30, 1857.

1 horse rake,	\$8 00
25 shovels,	25 00
1 gravel digger or subsoil plough,	28 00
5 manure forks,	5 00
1 ox yoke,	5 00
7 pails,	2 00
11 wheel-barrows,	28 00
2 iron bars,	3 00
3 corn-slashers,	1 00
1 broomcorn scraper,	1 50
1 spade,	1 00
25 picks,	31 00
2 whips,	2 00
2 baskets,	1 00
1 saw,	1 00
1 tape line,	50
13 grain bags,	3 00
30 guano bags,	3 00
1 riding bridle,	1 00
23 bushels cider apples,	5 00
15 barrels winter apples and barrels,	40 00
3,500 cabbages, &c.,	280 00
2 acres turnips,	100 00
1 acre Swedish turnips,	100 00
$\frac{1}{4}$ acre beets,	25 00
Lot pumpkins,	20 00
Lot squashes,	2 00
4 acres beans,	60 00
30 tons hay, \$12,	360 00
1 acre broomcorn,	30 00
4 acres potatoes,	200 00
12 acres corn,	600 00
Lot oats,	20 00
1 lantern,	1 38
1 fluid can,	38
1 axe,	1 50
2 jars grape preserve,	7 50
Part barrel pickles and barrel,	3 50

[B.]

TREASURER'S REPORT.

To the Trustees of Insane Hospital, Northampton:—

RECEIPTS.

Received from State Treasurer, July 21,	.	.	\$3,500 00
“ “ “ “ August 29,	.	.	2,500 00
			<hr/>
			\$6,000 00

PAYMENTS.

Paid on account of farm, teams, tools,			
labor, &c.,	\$2,981 33		
Paid on account grading grounds, &c.,	2,204 37		
Incidentals, (expenses of Trustees, &c.)	717 11		
Balance in Treasurer's hands, . . .	97 19		
			<hr/>
			\$6,000 00

E. TRASK, *Treasurer.*

NORTHAMPTON, Sept. 30, 1857.

The undersigned have this day examined the accounts of E. Trask, Treasurer, and the vouchers for the same, for the year ending September 30, 1857, and find them correct. The balance in his hands carried to new account, is \$97.19.

CHARLES SMITH.
HORACE LYMAN.

THIRD ANNUAL REPORT
OF
THE TRUSTEES
OF THE
STATE LUNATIC HOSPITAL,
AT NORTHAMPTON.

OCTOBER, 1858.

BOSTON:
WILLIAM WHITE, PRINTER TO THE STATE.
1858.

Commonwealth of Massachusetts.

THIRD ANNUAL REPORT OF THE TRUSTEES OF THE STATE LUNATIC HOSPITAL, AT NORTHAMPTON.

To His Excellency the Governor and the Honorable Council :—

The Board of Trustees of the hospital for the insane at Northampton, in compliance with the statute, would respectfully submit the following as their Annual Report.

The functions of the Board of Commissioners for erecting the buildings of this institution were closed under an Act of the legislature, on the first day of October, 1857. The work being then incomplete, the Trustees could not hesitate in regarding it as their duty to proceed immediately in carrying forward what remained to be done, in order that as little delay as possible should take place in its occupancy, which was become very desirable from the over-crowded condition of the two other State lunatic hospitals at Worcester and Taunton.

As might perhaps have naturally been expected in a work of such magnitude and complexity, and especially in one where many of the arrangements were novel and of course to be matured without the advantage of well-tried and generally

adopted models and examples, there was more of delay and difficulty than was anticipated. And when every thing was nearly ready for the reception of patients early in the past summer, an accident wholly unlooked for, involved a further delay of many weeks. This was the destruction of the Turbine water-wheel at the mill from which the supply of water was furnished, from an iron crowbar having been dropped within its interior when first fitted up some two years previously.

It is scarcely necessary to say that so unique and extraordinary an accident can scarcely be expected to recur, and even in the event of the failure of the propelling power for the water supply, from that or any other cause, while the hospital was in full operation, a prompt remedy could be availed of to meet the deficiency.

The first admission of patients to our wards took place, under the order of His Excellency the Governor, on the 16th August, ultimo. This consisted of fifty-one patients from the State hospital at Worcester, comprising those who had been originally committed there from the four western counties of the Commonwealth. Three weeks subsequently sixty-eight others, almost entirely of foreign nativity, were received from the municipal hospital for lunatics at Boston. At the expiration of three more weeks another detachment of sixty-three patients were received from Worcester, and ten days afterward twenty-eight additional from the Boston institution. Eighteen other patients were also received in September when the hospital year closes, making a total of two hundred and twenty-eight inmates introduced in the space of six weeks.

The fact of the transportation, introduction, and domiciliation of so large a number of deranged persons, far greater than our largest institutions contained a few years ago, and this under small opportunities for any acquaintance with the history and characteristics of disease in this great mass, is highly creditable to the discretion, vigilance, and fidelity of all engaged in directing and accomplishing so serious and responsible a duty.

The necessity which required so prompt a relief to the other over-thronged public hospitals would seem to demonstrate that the provision of this third State lunatic institution has not been, as many feared it would prove, a premature duty. Already filled within about twenty of the highest number con-

templated by the Act authorizing its establishment, which prescribed its capacity as for two hundred or two hundred and fifty inmates, the larger number being decided on by the Commissioners, the Trustees are not without anxiety that even this will prove inadequate to meet the demands upon it. The other hospitals it is apprehended have been only momentarily relieved from their pressure of claimants.

In the plans of this hospital, a far more ample space was provided for day rooms, dormitories of the larger size and other collateral apartments than has usually been done in similar institutions. However desirable this liberality of average space to each inmate may be, the Trustees feel that they need not restrict the admissions to the precise number originally had in view in its design. The circumstance of its lofty ceilings and the coercive introduction of almost any amount of fresh air by mechanical means, warrants a still greater number than two hundred and fifty. They are hence satisfied that if the pressure upon our lunatic hospitals of all kinds is to continue and increase as it has done for several years past, it may prove for the best interests of our insane population regarded as a whole, to change the destination of a portion of the apartments referred to and apply them to the necessities of more patients. It is hoped that the aggregate number might be carried up to three hundred if required, without interfering essentially with the comfort and well-being of the whole and without overtaxing the general preparations for classification, heating, ventilating, washing and cooking. Should the admissions continue to be from the same social classes as most of those already received, the objections to expanding the capacity of the hospital would be comparatively insignificant.

The report of the Superintendent herewith presented gives a lucid account in considerable detail as becomes the introduction of a new institution to the community interested in its objects, of the preparations here made and the system to be pursued for attaining its ends. His description of the hospital itself, with its arrangements for classification, inspection, heating, ventilation, water supply, laundry facilities, and culinary appliances, cannot fail to interest those especially who have watched the progress of this class of public charities since their first introduction in this country at no far distant period.

Nor will his clear and practical views as to the system to be pursued in obtaining the highest practicable results from the application of medical and moral means be regarded as less important, as the mechanical provisions and moral means must be co-operative to secure the greatest good to the inmates.

The Trustees need only to refer to the intelligent appreciation, the honorable enthusiasm, the judicious and perspicuous views of the application of means to ends evinced in Dr. Prince's report, to satisfy your honorable body and the community that the important duties, for the fulfilment of which this last and largest of our hospitals is responsible to a liberal and philanthropic Commonwealth, can scarcely be misunderstood or neglected.

The Board, with as much care and deliberation as the duty required, and in the light of the systems and experiences of all similar institutions of which they could avail themselves, have prepared a hand-book of rules and regulations for the government and direction of the hospital and defining the duties, qualifications and responsibilities of the various officers and persons employed. This was submitted to your honorable body, as required by law, and having received your sanction and approval, forms a guide by means of which the ends of this great work may be fully and satisfactorily secured, possible errors and abuses forestalled and prevented, and the highest possible standard for the protection, care and cure of the insane attained. A copy of these rules and regulations is transmitted with this Report.

The officers appointed by the Board, and who have been in the discharge of their duties since the opening, are William H. Prince, M. D., Superintendent; Austin W. Thompson, M. D., Assistant-Physician; Mr. C. K. Bartlett, Clerk; Mr. Asa Wright, Farmer, and Mr. Robert M. Whitehouse, Engineer.

The annual report of the Treasurer, Eliphalet Trask, Esq., is also herewith presented, giving a general classification of expenditures under various heads. In the recapitulation of the different accounts he found it impracticable to make an exact and precise division of many of the items comprised under the respective heads of preparation for occupancy and furniture. The method adopted by the Trustees, after much inquiry and deliberation, for the provision of a large portion of

the furniture, was to purchase the best materials and employ competent workmen, who manufactured the articles within the buildings, believing that in no other mode could thoroughness, strength and durability be secured. The same mechanics were also engaged indiscriminately upon the other work upon the premises, falling under various heads, and the materials, wood, hardware, paints, &c., used where they might be applied to the best advantage, whether in movable articles, fixed furniture, or in any of the incidental uses requisite for the occupancy and treatment of patients. So far as means for discriminating existed; the items for what was movable were carried into the latter account, and what was in any way attached to the buildings, such as settees, wardrobes, screens, closets, &c., were charged in the former.

The Trustees at so early a period after the operations of the institution have commenced, and with so little practical acquaintance with the workings of the system upon which it has been carefully placed, do not feel themselves prepared to enter upon considerations or suggestions relating to the general subject of the insane and their care, or further upon the condition and prospects of this institution.

All which is respectfully submitted.

ELIPHALET TRASK,

Chairman.

J. C. RUSSELL,

LUTHER V. BELL,

Z. L. RAYMOND,

CHARLES SMITH,

Trustees.

October 20, 1858.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the State Hospital for the Insane at Northampton:—

GENTLEMEN :—In compliance with the by-laws of the institution, the Superintendent presents his first annual report.

So short a time has passed since the opening of the hospital for the reception of patients, on the sixteenth day of August, that little can be said of its operations beyond a mere statement of the numbers received and discharged, and of the few facts concerning them which were furnished at the time of their reception.

A short description of the grounds, buildings, organization, &c., will not, perhaps, be without interest, and is therefore made a part of this report.

The farm and grounds connected with the institution were purchased in 185 , and consist of one hundred and seventy-five acres of land in one lot, lying about one mile in a westerly direction from the centre of the town of Northampton, separated from it by a narrow river which forms the northern and a part of the eastern boundary of the estate.

The surface of the ground is beautifully diversified with hill and grove and meadow, presenting delightful views as seen from the windows of the hospital.

There is a variety of soil upon the farm, much of which is well adapted to agricultural purposes, although, on account of the manner in which it has been cropped for successive years, some time will elapse before it can be brought into a very productive condition.

There are between thirty and forty acres of woodland, covered with a thrifty growth of chestnut, pine and hemlock, forming

several beautiful groves through which are pleasant walks and drives.

Near the road which forms the southern boundary of the farm is a neat and substantial house of two stories, built within a few years in a tasteful modern style. It is now occupied by the farmer and his family. Near this house are the barns and outbuildings, which have stood many years, and which cannot much longer continue to afford the necessary shelter to the cattle and crops.

On the bank of the river a well-constructed ice-house has been erected of sufficient capacity to contain an abundant supply of ice for the use of the hospital throughout the year. These buildings, with the exception of the ice-house, were upon the farm at the time of its purchase.

The hospital stands on a commanding elevation, nearly in the centre of the farm, fronting the east. It is protected on the north and north-east by a dense grove, but has on the east and south-east an extensive open lawn, over which is an unobstructed view of the town of Northampton and the Holyoke range of mountains, of the broad meadows bordering on the Connecticut River, and the town of Hadley on the opposite bank, and beyond, and higher up the hillside, of Amherst and its college buildings.

The structure is of brick with slated roof and brown stone window sills and caps. It is in the Elizabethan style of architecture, after a design of Jonathan Preston, of Boston, and with its irregular, yet symmetrical form, its broken line of roof, the gables, grouped windows and other peculiarities of this style, presents a picturesque and imposing appearance.

It is intended to accommodate two hundred and fifty patients with the necessary officers and attendants, and is arranged for twelve classes of each sex.

The lower story is elevated six feet above the level of the ground, and a cellar eight feet deep extends under the whole building. This preserves the lower story from dampness, and affords ample cellar room for the steam pipe and ventiduct by which the building is warmed and ventilated, and for storage of fuel and vegetables, for the large bath rooms, for a carpenter's repairing room, a forge, a paint room and the railway on which

the food is transported from the kitchen to the dumbwaiters supplying the nineteen dining-rooms.

The plan comprises a centre building four stories high, which, with its extension in the rear, is one hundred and ninety feet deep, and a range of wings on each side, three stories high, giving a front line of five hundred and twelve feet. The stories are all twelve feet high.

From its point of junction with the wings, the centre projects thirty-four feet. Here it has a width of sixty feet, is four stories high, and is surmounted by a cupola which rises to a height of one hundred feet above the ground. From this elevation is obtained a panoramic view of great beauty and extent.

A portico, with a flight of steps on each side, adorns and protects the entrance.

The entrance hall is twelve feet wide and thirty-six feet long, and terminates in a spacious rotunda, forty-nine by fifty-seven feet eight inches. Both these halls have a handsome mosaic floor of black walnut and maple. Upon the rear wall of the rotunda rise on each side spacious stairways leading to the stories above, the whole being abundantly lighted by large windows in each story.

On each side of the entrance hall are two rooms eighteen by twenty-one feet, those on the right being occupied as the general business office and the physician's room, those on the left as reception rooms. The three stories above contain rooms for the Superintendent and his family and other officers.

That part of the centre building in the rear of the rotunda, one hundred and four feet in length, consists of a basement and three stories above. The basement contains a central passageway from the outside to the cellar, having on one side the bakery and store-rooms, and on the other the kitchen and store-rooms connected with it.

The kitchen is twenty-four by forty-seven feet. It has a brick floor laid in cement, is well lighted, and conveniently arranged for the purpose for which it is intended. It contains a "Chilson's cooking range" of large size, and seven copper boilers for cooking by steam.

The story above the basement contains a dining-room and sitting-room, the ironing and drying rooms, and two store rooms.

The second and third stories are occupied, next the rotunda, by the chapel, a beautiful hall forty-five feet long and thirty-six feet wide, finished to the rafters in a plain and handsome manner, in accordance with the general architectural style of the building. In the rear of the chapel are sewing-rooms and store rooms, and in the story above, several large sleeping rooms for those employed in this part of the house.

On each side of the centre building is a range of four wings, three stories high; those on the north being devoted to males, and those on the south to the female patients, the rear of the centre building serving as an effectual screen between them. The two sides correspond with each other, and the three stories on each side do not differ in their general arrangement.

The first wing is one hundred and fourteen feet in length, and consists of a central corridor twelve feet wide with the sleeping chambers on each side. These are eleven in number. They are eight feet six inches by eleven feet, and are twelve feet high, each having a glazed window five feet by three. The lower sash is balanced by weights, and is movable at will. Upon the outside of every window in the wings is an unglazed iron sash.

At that end of the hall which adjoins the centre building, is a parlor entered from the rotunda or from the wing, in which patients may have a private interview with their friends. Adjoining this, in the wing, separated from the corridor by a private passage-way, are two chambers where patients who are very sick can be cared for in private or by their friends. The corridor is lighted at the end opposite the centre building by three windows each seven feet high by two and a half feet wide, and, in addition to this, midway of its length, by a large bay window measuring eighteen by seventeen feet on the floor, affording not only light and air to the hall, but a pleasant sitting room, being comfortably furnished in the three stories according to the condition of the patients occupying them.

There is in each story access to a stairway leading to an outer door, affording a ready escape in case of fire. In the corner of this wing; in the end most remote from the centre building is a large parlor or day-room twenty-two feet square, with large and pleasant windows on two sides. There is also a dining-room twenty-four feet long and eleven feet wide, furnished with

a substantial table, and benches in the lower story and chairs in those above. There are in each story of this wing a sink-room and water closet; and two closets for clothing, and in the basement a bath-room with six tubs.

The second wing extending in the same direction, is set back from the line of the first, which it overlaps forty feet. Like that it contains in the three stories a central corridor twelve feet wide and one hundred and fourteen feet long, with chambers on each side.

There is also a parlor of large size and well lighted, a dining-room, closets for clothing, a sink-room, bath-room, and water closet. The hall is lighted at the end nearest the centre building by three large windows, and in the middle by a large bay window twenty by twenty feet on the floor. There are in this wing in each story thirteen chambers for patients. There is also access to a stairway leading to an outer door.

The third wing is placed at right angles with the last, extending to the rear. It is ninety-three feet in length, and is lighted in the centre by a large bay window. In the outer angle where it forms the second wing is a large dormitory eighteen by thirty-five feet, which will comfortably accommodate eight or ten patients. Adjoining this, in the inner angle, is a large room for the attendants of the two adjacent halls. The sleeping rooms are arranged on each side of a central hall, and are of the same size as those in the other two wings. There is also a dining-room, a sink-room, bath-room, and water closet, and one double room for two beds.

The fourth wing is placed at right angles with the last, and is fifty feet in length. It contains four rooms in each story, including that occupied by the attendant, a sink-room, bath-room and water closet. This wing which is intended for the most violent and excited class, has a corridor ten feet wide and forty-seven feet long with four sleeping rooms on one side, each of them eleven feet by twelve. These rooms differ from those in the other wings only in their greater size and in having their windows protected by wire screens and sliding shutters. The corridor is well lighted by a large window at each end.

The whole number of rooms in the building which can be used as chambers for patients and their attendants, is two hundred and ten. Six of these are large dormitories capable of

containing ten beds, and six are for two beds. Each room is furnished with a substantial and comfortable bedstead and beds—generally a husk and a hair mattress—to which are added, when the condition of the patient will allow it, a looking-glass, bureau, chair, table and strip of carpet.

The doors and their casings, and the window sills throughout the wings are of chestnut wood, oiled and varnished, and present a handsome appearance. The floors are all of maple, and although not presenting the beautiful coloring of a well-oiled hard pine floor, will probably prove much more durable.

There is in each hall a water closet containing a cast-iron hopper enamelled on the inside, to which the water is admitted by turning a valve by means of a detached key which may always be in the possession of an attendant. On its admission the water passes under a flange which projects inward over the top of the hopper, by which means a downward and circular direction is given to the current over the whole internal surface. The trap is sunk beneath the floor, the cleansing valve being on a level with the floor. The hoppers and traps are of heavy cast-iron substantially made and well secured, and promise to be convenient and durable, while it is hoped the simplicity of their construction will prevent the necessity of frequent repairs.

Each wing, excepting the first, also contains in each story a bath-room furnished with a cast-iron bath-tub into which cold and hot water are drawn. An "overflow" pipe to each tub prevents the danger of flooding the floors. In the basement under the first wing a large room is neatly fitted up and furnished with six bath tubs so arranged that although in one room, six patients can bathe under the care of one attendant with as much privacy as if in separate rooms.

The apparatus for heating and ventilating the hospital is constructed upon the most approved plan.

Although the general neglect of all means of supplying pure air in our dwelling-houses, school-houses, public halls, and other places of meeting would seem to indicate an unaccountable apathy in the public mind on this important subject, yet any one who gives to it a moment's serious consideration, must perceive that in a large hospital a constant, full and free distribution, at all times and seasons, of fresh pure air is indispensable

to the health and comfort of its inmates. In a hospital for the insane this necessity is increased by the peculiar wants of its inmates. To secure this end, so important in a hygienic point of view, various means have been from time to time adopted. Experience, however, has shown that the only means on which implicit reliance can be placed to secure the constant transmission of so large a quantity of air is an apparatus which combines the operations of heating and ventilating. There is foul air constantly generated which must be removed; pure air must be supplied in its place with sufficient rapidity, and, in our climate, this supply must be heated during the greater part of the year.

The favorite apparatus for effecting this purpose, at present consists of a fan wheel for forcing a current of air through all parts of the building, and ranges of iron pipe heated by steam placed in this current for the purpose of imparting to it a proper temperature.

The great value of the principle on which this method is based is acknowledged by all who have experienced its effects, while there are still honest differences of opinion as to the best form of fan and the best arrangement of pipes.

This method is in successful operation in the hospital at Utica, New York, where it was first adopted, in those at Worcester and Taunton, in this State; at Providence, Rhode Island; at Nashville, Tennessee; at Raleigh, North Carolina; in the institution for the Deaf and Dumb, and the St. Luke's Hospital, New York city; in the United States Naval Hospital, Brooklyn, New York; in many of the public buildings at Washington, and in the Academy of Music at Philadelphia. It will also be adopted in the new building now being erected for the female patients in the Pennsylvania Hospital for the Insane at Philadelphia, at the new hospital in Wisconsin, and in that about to be erected in Virginia. So successful and satisfactory, indeed, has the plan proved wherever it has been tried, that probably no other would be adopted in any new institution of this kind, while many of the older hospitals whose arrangements and means will permit it, will undoubtedly sooner or later substitute this method for others which may now be in use. One great advantage it has over all others is that all furnaces and fires in the building, with all their risks, and dangers, and inconveniences, neither

few nor small, may be entirely dispensed with, and the boiler house can be placed at a safe distance from the building.

The superiority of this method is fairly shown in those hospitals in which it has been substituted for other means. The improved health of the patients has been shown in the decrease of the rate of mortality, and of the number of cases of sickness, while the increased quiet of the wards indicates the greater comfort enjoyed by their inmates.

The arrangement of the apparatus adopted here is as follows.

Sixteen feet in the rear of the centre building is the engine house. This is of brick, two stories high, forty-five feet long and forty-three feet wide. In the lower story are four boilers four feet in diameter and twenty-seven feet in length, each having two flues sixteen inches in diameter. These generate the steam for supplying the engine, and for heating the building, for drying the clothing, cooking, and heating the water for washing and bathing. In a room adjoining the boilers is an engine of fifteen horse-power, which drives the machinery in the wash-room above and the ventilating fan in an adjoining building.

The fan consists of a central horizontal shaft supporting twelve pairs of arms which carry the "floats" by which the air is propelled. The arms are seven feet in length, which gives the fan a diameter of fourteen feet. The "floats" are three feet wide and six feet six inches long, (which is the width of the fan,) and are so arranged that the whole or a part of them may be used at pleasure.

A cast-iron pipe six inches in diameter, conveys the steam from the boilers to the cellar under the rotunda. From this point a three-inch pipe leaves the main on each side to supply the ranges of pipe under the wings. Under the corridor of each wing, and running nearly its whole length there is a brick chamber four feet in width and five in height, in which are suspended, on iron bars, ranges of inch pipe of wrought iron through which steam at low pressure is constantly circulated. That portion of it which has become condensed by circulating through the extensive ranges of pipe, is collected in a large tank of strong boiler iron, and thence returned to the boilers by means of a "Worthington Pump."

From the brick chamber which contains the ranges of pipe, flues lead directly to the corridors and rooms above. On one side of this hot air chamber is the ventiduct for cold air. From the fan-wheel, the ventiduct, seven feet in width and six feet deep passes beneath the cellar floor as far as the centre of the building where it divides to supply the north and south wings, and rises to the level of the hot air chamber. Into the latter, the air from the ventiduct is admitted through apertures near the bottom of the dividing wall.

A very strong current of fresh air is thus forced by the fan through these openings, across the steam pipe, into the flues leading to the rooms above.

At intervals of a few feet throughout the length of each corridor are the openings of the warm air flues nine inches from the floor. Ten feet above these are openings into the ventilating flues which lead directly to the attic, from which the foul air escapes through the open windows. The apertures in the warm air flues are covered with immovable cast iron gratings, the valves for regulating the transmission of heat being in the cellar below, where the flue leaves the hot air chamber, and, of course, entirely out of the reach of the patients. Beside the great number of flues in the corridors, every sleeping room has its own heating and ventilating flue which secures a constant circulation of air through the room. Currents of pure air of a mild temperature are thus constantly circulating through the entire building, supplying one of the chief necessities of a hospital for the insane.

The constant expulsion of so large a quantity of heated air from the building makes this mode of heating and ventilating the most expensive yet introduced into use; but it is at the same time the most effectual one, and the very important sanitary effect of the thorough and constant change of air thus obtained must be considered as cheaply purchased even at a much higher cost. It is, in fact, the only known means by which a quantity of pure air, sufficient for the purpose, can be thrown into the building, and the foul air be driven out with sufficient rapidity to preserve at all times a pleasant and healthful atmosphere.

The hospital is supplied with water from the river which separates it from the town. A contract for furnishing this

important supply was made with the proprietor of a mill situated on the opposite bank of the river at the foot of the hill on which the hospital stands. A powerful double cylinder forcing pump is placed in the mill, and a three and a half-inch pipe laid under the bed of the river, through the hospital grounds, to the fourth story of the centre building, a distance of two thousand two hundred feet. Here the water enters a large wooden tank lined with lead, and from this, is distributed to seven other tanks of similar construction, but of larger size, situated in the attic over the wings. The united capacity of the tanks is somewhat over twenty thousand gallons, which may be considered an abundant supply for ordinary use. In addition to this, however, there is in the rear of the building, near the kitchen a large well from which water may be thrown into the tank over the kitchen by means of the Worthington Pump, to which a pipe is attached communicating with the well for this purpose.

In the cellar under the rotunda, is a tank of boiler iron seven feet long and four feet in diameter, containing a coil of brass pipe, through which steam is passed for heating water for bathing and washing. This tank is supplied by a pipe an inch and a half in diameter from the tank in the attic, and by the pressure thus obtained the water is forced into the sink-rooms and bathing-rooms in every story, affording a constant and abundant supply of hot water throughout the building.

The waste water, and contents of the sewers, and the water from the roofs are conducted in brick drains underground to the rear of the building, where they all meet in the main sewer. This is of stone, three feet eight inches by one foot six inches; with a very rapid fall. At a distance of five hundred feet from the building it terminates in a large cesspool in which its solid contents are collected. From this an open drain conducts the fluid portion down a steep declivity, at the bottom of which it mingles with the waters of a brook flowing through the premises, and is thus conveyed away. If in the future this should be found useful for the purpose, it will be collected and applied to the land as a fertilizer.

The second story of the engine house is fitted up as a wash-room. It contains two rows of wash tubs of pine plank, placed back to back, with ample space around them on all sides. Each

of them is supplied with hot and cold water and steam. There is a washing machine of the "David Parker" patent, and a hydro extractor, by which the clothing is partially dried before being hung in the open air. A patent mangle also lends efficient aid in facilitating the labor in this important department. The drying room is fitted with sliding frames on which the clothing is suspended, and ranges of steam pipe for securing a proper temperature, arranged in the ordinary manner.

One hundred and twenty-five feet in the rear of the southern range of wings, is the stable. It is of brick, two stories high, forty-six by forty-eight feet, and affords ample accommodations for all the horses and vehicles required by the wants of the institution.

The hospital is abundantly lighted throughout by gas, which is supplied by the Northampton Gas Company. This gives to all the halls and parlors a very desirable air of cheerfulness, which stimulates and encourages to social intercourse, and gives opportunity for reading, writing, and various games by which the evenings are made to pass pleasantly and profitably.

Under the immediate supervision of a competent and energetic person, the farm, which was unfortunately in poor condition, has been diligently worked, and there will be an abundant return for the labor expended on it. The value of the crops, however, is by no means the measure of the value of the farm to the institution. Many of our patients, before entering the hospital, have been accustomed to regular bodily labor, and the opportunity afforded us by the farm for continuing the habit of daily exercise in the open air, is of inestimable value. A number of the patients are daily employed in the labors of the farm, and no accident of any kind has yet occurred to offset the great advantage derived by them from this regular and healthful occupation.

There have been but one or two attempts to escape, and these, with one exception, were rendered unsuccessful by the vigilance of the attendants, on which we are obliged to rely exclusively, in the absence of walls and fences around the farm. One patient, whose home is within a few miles of the hospital, left the field where he was at work and made his family a short visit. He was, however, reclaimed in a few hours.

By this constant and regular exercise on the farm much of that nervous irritability, which is so troublesome in the wards of a hospital, finds a safe and natural outlet, and at the same time, disordered trains of thought, and morbid states of feeling are interrupted, and a healthy interest in surrounding objects excited and maintained.

The grounds immediately around the building have been very much improved by grading and planting. Several thousand loads of gravel have been moved, and in place of the unsightly gravel pit and the rough swamp which last year lay in front of the hospital, there is now a beautiful lawn. Ditches have been dug and drains have been laid in several places, and some patches of unreclaimed land have been brought into cultivation.

The government of the hospital is vested in a board of five trustees, appointed by the governor and council, one retiring every year. In the words of the statute, "The said trustees shall take charge of the general interests of the institution, and see that its affairs are conducted according to the requirements of the legislature and the by-laws and regulations which the trustees shall establish for the internal government and economy of the institution." The law requires a thorough visitation of the hospital at least once a month by two of the trustees, a quarterly visitation by a majority of the board, and a semi-annual visitation by the whole board, thus providing for a constant oversight of its affairs.

The Trustees appoint a Physician and Superintendent, an Assistant-Physician, a Treasurer, a Clerk, a Farmer and an Engineer, and determine their salaries.

The Superintendent, who must be an educated physician, is "the chief executive officer and head of the institution in all respects." He is required "to visit all the patients personally once every day, and to give all requisite attention to their medical, moral and physical treatment." He also receives and answers "all communications relating to the hospital or the patients therein." He provides for all the wants of the hospital, purchases all supplies of food and clothing, and is responsible for a judicious and economical use of the same. He appoints the subordinate officers, and engages the "services of such attendants, male and female, and such laborers and help

in the several departments, as the wants of the hospital may require," and is responsible to the trustees for the proper and efficient performance of their duties.

The Assistant-Physician must also be an educated physician. He has, under the direction of the Superintendent, a general supervision of all the patients; he assists in the medical duties, attends to the preparation and administration of all medicines prescribed, has charge of the dispensary, medicines, instruments, &c., attends to the temperature and cleanliness of the halls and dormitories, and the exercise and amusement of the patients, and sees that the directions of the Superintendent are executed by all employed about the patients. In the absence of the Superintendent he officiates as his substitute.

The Treasurer, under the direction of the Trustees, receives, holds, and disburses all moneys received from any source for the use of the hospital.

The Clerk keeps the records of the institution, and has charge of the books and accounts. He has also special charge of all repairs of the building, and performs such other services as may be required of him in maintaining the good order and discipline of the establishment.

The Farmer, under the direction of the Superintendent, has charge of the farm and garden, barns, teams, implements, vehicles, &c., used about the farm. He takes care of such patients as are placed under his charge for employment and exercise. He also keeps an account of the stock and property on the farm, and of the crops, &c., and keeps the roads and fences in repair.

The Engineer has charge of the steam boilers and engine and all the machinery and apparatus for heating and ventilating the hospital. He also keeps in repair the aqueducts and reservoirs, gas pipes and fixtures and all the apparatus of the water closets and sinks. He has charge of the boilers and fires, and is responsible for the proper and economical use of fuel.

Besides these officers, there is in both the male and female departments a Supervisor, who has immediate oversight of the patients and their attendants. They pass their time in the different halls, and see that the by-laws of the institution, and the directions of the Superintendent and the Assistant-Physician are faithfully carried out by the attendants and all persons

employed therein, directing and aiding them in all efforts to amuse, interest and employ the patients. They also take charge of the clothing and effects of the patients, keeping an exact account of all articles brought to the hospital by or for them, and seeing that they are restored to them at the time of their discharge.

A Housekeeper has "charge of the domestic arrangements of the institution," and is responsible for the economical use of all provisions and stores belonging to her department. She superintends the cooking and distribution of the food, and has the care of such patients as are employed about the kitchen.

A Seamstress has charge of the sewing room and all goods purchased for her department. She attends to the making and repairing of all garments and bedding, and has charge of all patients employed in her department.

A Laundress takes charge of all washing and ironing, sees that the clothing is collected, is properly washed and ironed, and again distributed, and is responsible for the safe keeping of those patients who are employed in her department.

A Baker has the care of the bakery, and of the flour and all materials used therein, and sees that the house is supplied with well-made and wholesome bread, and such other articles as may be directed.

The Attendants have the immediate and constant care of the patients; they sleep and take their meals in the halls in which they are employed; they see that the patients committed to their care rise in the morning at the proper time, that they are properly washed and dressed, that they receive their food at the proper time, that their beds are properly aired and made up, that the dormitories, floors, stairs, windows, &c., are kept clean and in good order; that the patients in their care have occupation and amusement through the day; that order and peace is preserved among them, and that they retire in proper season, and are safely and comfortably lodged for the night.

Placed in constant contact with their patients, and having unrestricted intercourse with them, their influence is powerful for good or evil, and the success of a hospital as a curative institution, is, to a considerable extent dependent on their fidelity and natural adaptation to the performance of the peculiar duties of the office. The mere performance of prescribed

duties in the wards, however promptly and well done, cannot be considered as by any means fully satisfying the demands of the position. There must be an active, sympathizing interest felt in their unfortunate charge, a desire to promote the cure of the patients committed to their care, by constant watchfulness over their conduct and their intercourse with one another, over their amusements and their daily habits, and a determination to make their comfort and well being the object of paramount importance. There is constantly some patient to be soothed, or consoled, or amused, or constrained, and unless attended to at the proper time and in a judicious manner, an opportunity for making a favorable impression upon the disease is perhaps lost through a momentary neglect, or an improper manner. Few persons possess *all* the qualities which go to make up the perfect attendant. The selection of the most suitable from the great number who offer themselves is often difficult, but we have reason for congratulation in having been able to secure the services of an able and efficient corps.

The importance of employment and amusement as curative agencies is fully appreciated, and all the means at our disposal are freely made use of. The farm and large vegetable garden afford ample opportunity for the best kind of exercise for our male patients, the greater part of whom have been accustomed to daily labor before entering the hospital. There is also much work yet to be done in the pleasure grounds in cutting brush, cleaning paths in the groves, grading, and preparing for fencing, &c., which will afford occupation to many of the patients in suitable weather. Haymaking and harvesting have furnished employment to a large number. For unpleasant weather and the winter season, however, we need something different. Our present workshop, although to a certain extent useful, is too small, and is otherwise inconvenient for the employment of many at one time. We need a larger room more conveniently situated. We also very much need a bowling alley, which is everywhere found to afford the most attractive form of amusement to the greatest number of patients. A building might be erected without great cost which would contain two bowling-boards, a carpenter's room, and another room in which other work could be done by the male patients, and which would be of incalculable benefit to them in winter, and in inclement weather,

when labor out of doors is impossible. We have few patients who would not be benefited by the opportunities which would thus be afforded for exercise out of the halls.

Many of the females, and some of the males esteem it a privilege to be allowed to assist in the kitchen in the preparation of the food, &c., and many of the females find pleasant and healthful occupation in the wash-room and the ironing-room. Quite a number are constantly employed in the serving-room, and others in their halls in making up garments of various descriptions; and many others who are not capable of managing a garment of any kind, are yet able to knit, and by the alacrity with which they seize the implements, and the perseverance they display in the use of them, show that they derive much comfort from the employment thus afforded. One patient who has passed several years of her life in the very closest confinement, with scarcely the vestige of humanity remaining, is now daily employed in this way with much benefit, although she has not yet recovered the power of speech nor the upright position since her release from close confinement some years since.

Various games are in constant use, and with reading, &c., serve to break the monotony of confinement for those capable of enjoying them.

We have the beginning of a library, a few books having been purchased, while we are indebted for others to the kindness of friends. A small annual appropriation for the increase of the library is respectfully recommended.

We hope soon to be able, either by the liberality of friends or otherwise, to place on the bare walls of our corridors and parlors some pictures and maps, than which there is no more fruitful source of instruction and amusement for a large class of patients. Newspapers and periodicals, however old, appear to be more eagerly sought for than books by many of the patients. For several of the former we have subscribed, but the number is quite too limited to supply the constant demand, and it is occasionally increased by the purchase of their exchanges from the two publishing offices in this town.

A large proportion of our family attend the regular religious exercise every evening in the chapel. The services on Sundays are conducted by the clergymen of the village in rotation, and

are attended and enjoyed by a great majority of the patients. Perfect decorum prevails during the exercises, and they are listened to by all with respectful attention. The Sabbath is a trying day to our patients, on account of the abandonment of their usual occupation and recreation, but the general quiet which prevails throughout the house is gratifying, indicating that a large proportion of our household feel, and are disposed to manifest, a proper respect for the day. Many who are talkative, noisy and profane in their halls put such restraint on themselves as to conduct with perfect propriety in the chapel. There has been no serious disturbance at any time during a service, and perfect propriety of manner is observed in passing to and from the chapel. Beside the comfort and consolation many receive from listening to the soothing words of the inspired pages, the exercise of self-restraint called forth by the place and the occasion is of the greatest benefit to many more.

We have been enabled thus far to dispense with the use of all means of personal restraint, no apparatus of any kind having as yet been used upon any patient; simple temporary seclusion in one of the ordinary sleeping-rooms, with the window glass properly guarded, being the only means of the kind thus far used for restraining or controlling the more excited and protecting others in the same hall from violence. One patient, who, from the want of proper accommodations in her former place of confinement, has for some time before her admission, been chained by the waist, has now the range of one of our halls, and by the change wrought in her temper and habits, shows that she appreciates the greater liberty allowed her. The same patient, having at a former period worn the leather mittens as a protection to her neighbors and keeper, acquired the habit of rubbing the backs of her hands upon the walls in the attempt to remove them, and a soft cloth covering is still sometimes necessary to prevent the abrasion of the skin and covering from the bones. We do not believe it either possible or judicious to refrain from the use of restraining apparatus in all cases, conceiving that, in some instances, the use of mild means of this kind is better for the patients than the constant interference of even the most judicious and faithful attendant. But, at the same time, the violent manner, the general irritation, the habits of resistance and obstinacy, the

loss of self-respect and self-control, which are the direct effects of long confinement in strong rooms or in restraining apparatus, make it most desirable to avoid the use of such means whenever it is possible to do so.

Although with one or two exceptions our whole family sit regularly at their meals at tables furnished with knives and forks, crockery ware and glasses, no damage has yet resulted from the liberty thus enjoyed, and any breach of decorum is the exception to the general propriety which prevails at the tables.

By constant care and attention, several patients who were exceedingly unfortunate and disgusting in their personal habits have been much improved, and offer flattering prospects of an entire change in this respect. One of our patients who does not sit at table, and whose appearance and habits render her exceedingly offensive to the other patients in the ward, is an idiot girl of nine years of age, who instead of passing the remainder of her days in hopeless imprisonment in a hospital for the insane, should be made the recipient of the bounty of the State in an institution whose means are better adapted to the demands of the case.

The health of our family has been good, but two cases of severe sickness having occurred in our wards. A young man was brought to us from a neighboring town suffering from fever, and for several days after his admission his life was despaired of; but he finally rallied, and we have the pleasure of seeing him now restored to his usual health with a decided improvement in his mental condition. A feeble old man was sent in from an adjoining county, suffering under the combined effects of poverty, intemperance, and exposure. He has gradually failed, and is now quite sick.

With our elevated situation, dry soil, good drainage, good water, good ventilation, and freedom from crowded halls, we should be exempt from the attacks of these epidemics which are so often the scourge of hospitals differently situated in these respects.

The following tables will show the condition of the hospital at the present time, and give a summary of the information furnished us concerning the cases admitted. That they are not more complete is to be regretted, but the desired informa-

tion may probably, in part at least, be obtained, and can be made to appear in a future report.

TABLE No. 1

Shows the Number and Sex of those admitted, discharged, and remaining.

SEX.	Admitted.	Discharged.	Died.	Eloped.	Remaining.
Males, . . .	99	6	—	—	93
Females, . .	129	2	—	—	127
Totals, . .	228	8	—	—	220

The first party of patients was removed to this hospital from that at Worcester, by order of His Excellency the Governor, on the sixteenth day of August. It consisted of fifty-one patients, being the greater part of those who had been committed to that hospital from the counties of Franklin, Hampshire, Hampden and Berkshire.

On the seventh of September a party of sixty-eight was removed here from the hospital at South Boston, and on the twentieth of September another party of sixty-three from the hospital at Worcester was received. On the thirtieth of September another party of twenty-eight was received from the same source. The other eighteen patients were from other sources. In their transportation and subsequent treatment no accident of any kind has occurred to any one although in the short space of seven weeks we received nearly two hundred and twenty entire strangers into our halls. This table shows that already, in less than two months, the hospital has received over nine-tenths of the whole number for which it was intended. In addition to the two hundred and ten from the other hospitals, we have received eighteen patients from other sources, and if the same rate should continue, the house will very soon be entirely filled, because a large proportion of those received from the other hospitals are old and probably incurable cases, which must continue for many years to occupy our wards.

Eight patients have been discharged. Two of them returned to their friends, and six were taken in charge by the Alien

Commissioners. Most of them were here but a few days, and their condition did not change. We do not claim to have contributed much to their recovery during the few days they remained with us.

Concerning sixty-eight of the two hundred and ten patients received from the other hospitals we received no information whatever, and have not yet been able to obtain it. The previous history of many other patients could not be learned at the hospital where they were first admitted, and, from the nature of the cases, their progress toward recovery has not been such as to enable the patients to give any reliable account of themselves. Hence the number of facts in regard to them which we are obliged to enter as “unknown” or “not ascertained.” What we have been able to learn concerning them is condensed into the following tables:—

TABLE NO. 2

Shows the last Residence of all Patients admitted.

The Hospital at Worcester,	142
The Hospital at South Boston,	68
The McLean Asylum at Somerville,	2
Hampshire County,	5
Hampden “	2
Berkshire “	2
Franklin “	1
Suffolk “	1
Middlesex “	1
Essex “	1
Worcester “	1
In other States,	2
Whole number admitted,	228

TABLE NO. 3

Shows the Ages of forty-eight Patients.

Less than 10 years,	1
Between 10 and 20 years,	5
20 and 30 “	26
30 and 40 “	41
40 and 50 “	46
50 and 60 “	21
60 and 70 “	7
70 and 80 “	1
Total,	148

TABLE No. 6

Shows the Ages at which Insanity appeared in one hundred and sixteen Cases.

Under 10 years of age,	2
Between 10 and 20 years,	12
20 and 30 "	35
30 and 40 "	43
40 and 50 "	17
50 and 60 "	5
60 and 70 "	1
70 and 80 "	1
Unknown,	112
Total,	228

TABLE No. 7

Shows the Duration of Insanity before admission in one hundred and thirty Cases.

Less than 1 year,	13
Between 1 and 2 years,	18
2 and 5 "	33
5 and 10 "	34
10 and 15 "	16
15 and 20 "	7
20 and 25 "	3
25 and 30 "	4
30 and 40 "	2
Not ascertained,	98
Total,	228

The duration of the disease before coming under treatment, is an important element in the estimate of the probability of its cure, a large proportion of recoveries taking place within the first year. This fact should prevent the too common retention at home of patients recently attacked, until recovery is nearly hopeless, while the fact that recovery does sometimes occur after many years should prevent any one being deprived of the advantages of hospital treatment on account of the long duration of the disease.

Insanity is a chronic disease, the majority of cases extending over many months or years, and of many it is impossible to say

whether they are curable or entirely hopeless. This should teach us not to despair and not to relax our efforts for the improvement of those even who have been longest deprived of their reason. And if cases of full restoration are rare after a long continuance of the disease, many may by constant and unremitting care and attention be prevented from sinking into that state of utter fatuity and helplessness to which they so strongly tend.

From the nature of the case, a large proportion of the patients in every hospital for the insane cannot hope for restoration. Their disease has been of long duration, their chances of recovery become less every year, and they become at last permanent residents. Hence, one of the most important and trying duties of the officers of a hospital is the proper care and management of this large and constantly increasing class. If neglected, they are sure to deteriorate, many becoming repulsive and disgusting; if well cared for, they do not repay by any striking results the care and attention bestowed upon them, and it is therefore difficult to secure for them that constant care and untiring sympathy they so much need and seem so little to appreciate. The almost utter hopelessness, however, of cases of chronic dementia, give a saddening effect to the halls of a hospital where they abound. Under other circumstances a new hospital would contain a comparatively small number of these cases, but as this institution has received the greater part of its inmates from two older ones, it has a much larger number of this class than would have accumulated in many years.

TABLE No. 8

Shows the Civil Condition of one hundred and forty-seven Patients.

Married,	59
Unmarried,	80
Widowed,	8
Not ascertained,	81
Total,	228

TABLE No. 9

Shows the Occupations of eighty-six Male Patients.

Farmers,	14
Teachers,	3
Clerks,	2
Painters,	2
Sailors,	4
Blacksmiths,	2
Operatives,	4
Shoemakers,	6
Laborers,	32
Merchant,	1
Physician,	1
Clergyman,	1
Student,	1
Morocco dresser,	1
Cordwainer,	1
Mason,	1
Tailor,	1
Wood-cutter,	1
Cabinet-maker,	1
Cigar-maker,	1
Machinist,	1
Barber,	1
Trader,	1
Peddler,	1
Color Mixer,	1
Bootmaker,	1
Not ascertained,	13
Total,	99

It will be seen from this table that a large proportion of our male patients are common laborers. They are mostly foreigners who have learned no trade. Driven from their early homes by poverty, ignorance, and delusive hopes, they are thrown on our shores, and left to contend as they may with the new circumstances around them until disappointment, or sickness, or intemperance, or other form of vice extinguishes the feeble light of reason and consigns them to a lunatic hospital. They are unpromising patients. They do not recover in so large a proportion as others, and consequently contribute largely to swell the number of incurable cases which crowd the wards of our hospitals.

TABLE No. 10

Shows the Proportion of Commitments.

Number committed by the Governor,	210
Courts,	11
of Boarders,	7
Total,	228

TABLE No. 11

Shows by whom the Patients will probably be supported.

Supported by the State,	189
Towns,	30
Friends,	9
Total,	228

It is a pleasant duty, in concluding, to acknowledge our indebtedness to several friends who have shown their interest in the institution by contributing in various ways to its means of usefulness. We are under obligations to that eminent and devoted friend of the insane, Dr. Edward Jarvis, of Dorchester, for several volumes of Treasury Reports and other valuable works; to Melancthon Smith, Esq., of Jamaica Plain, for several volumes of Harper's Magazine, a valuable addition to our library; to the Hon. Z. L. Raymond, of Greenfield, for four hundred and twenty-five strawberry plants of the finest varieties; to Joseph Breck, Esq., of Boston, for a large number of plants for the garden; to William Justin Sackett, of Springfield, for shrubs and plants; to Dr. Luther V. Bell, of Charlestown, for a donation to the medical library; to Messrs. Hopkins and Bridgman, of Northampton, for a number of volumes for the library; to Mr. F. Goodwin, of Northampton, for books, a picture, and seeds.

I cannot conclude without making grateful acknowledgment of the kind and liberal support I have ever received from your Board in the laborious duties connected with the completion, furnishing, organization and general management of the hospital. My thanks are also due to Dr. A. W. Thompson, my able

assistant, for the faithful and zealous performance of the duties of his office, and to the other resident officers for the readiness with which my wishes have been complied with, and the promptness with which their duties have been performed.

With gratitude to Him who has brought us thus far without accident, asking His blessing on our future labors, we enter on the duties of the coming year in the hope that the institution may not fail to accomplish all that may reasonably be expected, and with the determination that it shall merit the confidence of its friends and the gratitude of those who receive its benefits.

WM. HENRY PRINCE.

NORTHAMPTON, September 30, 1858.

Inventory of Stock, Tools, and Produce of Farm.

5 oxen, at \$88,	\$440 00
4 cows, at \$52.50,	210 00
3 horses, at \$200,	600 00
1 yearling, at \$20,	20 00
15 hogs, at \$9,	135 00
Live poultry,	15 00
1 large team wagon,	100 00
1 horse rack wagon,	25 00
1 extra rack,	12 00
12 hand rakes, at 25 cents,	3 00
1 business wagon,	30 00
2 buggy wagons, at \$40 and \$35 each,	75 00
1 horse cart,	30 00
2 ox carts, at \$35,	70 00
1 double sled,	40 00
1 single sled,	30 00
1 ox sled,	8 00
4 ox yokes, at \$4,	16 00
1 horse rake,	5 00
10 hoes, at 30 cents,	3 00
12 shovels, at 50 cents,	6 00
5 manure forks, at 75 cents,	3 75
2 spades, at 75 cents,	1 50
9 chains, at \$2,	18 00
4 bog hoes, at 50 cents,	2 00
5 small chains, at 50 cents,	2 50
10 picks, at 50 cents,	5 00
6 crow bars, at \$1.50,	9 00
10 wheelbarrows, at \$1.50,	15 00
1 corn sheller,	10 00
5 ploughs, at \$8,	40 00
3 harrows, at \$6,	18 00
1 cultivator,	3 00

7 harnesses, at \$11,	\$77 00
8 robes and blankets,	24 00
5 axes, at 50 cents,	2 50
7 hay forks,	3 00
3 augers,	1 00
6 scythes and snaths,	9 00
Ice tools,	10 00
Baskets and measures,	3 00
Plough, pick, and carpenter tools,	11 00
Seed and corn planters,	16 00
Hay cutter and grain cradle,	11 00
Steel drills and scrapers, drag, 2 grindstones,	18 00
2 wagons, \$85 and \$95 each,	180 00
2 harnesses,	45 00
Robes, &c.,	31 00
	<hr/>
	\$2,442 25

Products of farm:—

26 tons hay, at \$12,	\$312 00
4 tons rowen, at \$12,	48 00
4 tons swamp hay, \$5,	20 00
500 bushels corn,	450 00
225 bushels oats,	140 62
24 bushels buckwheat,	18 00
100 bushels broom seed,	30 00
5 tons oat straw,	40 00
10 tons corn fodder,	40 00
1,000 bushels turnips,	200 00
100 bushels beets,	30 00
100 bushels carrots,	30 00
4,000 heads cabbage,	120 00
1,000 pounds broom brush,	60 00
30 barrels apples,	45 00
6 tons pumpkins,	12 00
40 bushels white beans,	80 00
50 bushels Chenango potatoes,	25 00
44 bushels State of Maine potatoes,	22 00
5 bushels Early Carter potatoes,	2 50
19 bushels Early June potatoes,	9 50

214 bushels Merinos,	\$53 50
511 bushels Dovers,	383 25
31 bushels Black Carters,	15 50
637 bushels Jenny Linds,	159 25
3 $\frac{3}{4}$ tons winter squash,	113 64
650 pounds summer squash,	9 75
14 bushels sweet corn,	21 00
15 bushels peas,	15 00
42 bushels tomatoes,	42 00
31 bushels cucumbers,	31 00
Other vegetables,	100 00
963 gallons milk,	195 60
51 dozen eggs,	10 20
8 barrels cider,	12 00
	<hr/>
	\$2,876 31

TREASURER'S REPORT.

To the Trustees of the State Lunatic Hospital:—

I herewith submit the following statement of the receipts and expenditures of the Treasurer for the year ending September 30, 1858:—

RECEIPTS.

Balance in hands of Treasurer, September 30, 1857,	\$97 19
Received of State Treasurer on account of appropriations of 1857,	14,000 00
Received of State Treasurer on account of appropriations of 1858, as follows, viz.:—	
for construction of hospital,	11,696 00
for furnishing hospital and grading grounds,	28,638 73
for working capital,	10,000 00
for contingencies,	1,665 27
for animals and products of farm,	356 91
for support of patients,	73 39
	\$66,527 49

PAYMENTS.

For construction of hospital,	\$13,903 25
preparation for occupancy,	9,118 83
grading grounds,	3,765 01
furnishing hospital,	24,195 99
animals, labor, tools, seeds, &c., for farm,	4,930 62

38 LUNATIC HOSPITAL AT NORTHAMPTON. [Oct. '58.

For provisions and supplies, . . .	\$8,038 38	
contingencies,	479 83	
Balance in hands of Treasurer, . . .	2,095 58	
	<hr/>	\$66,527 49

ELIPHALET TRASK, *Treasurer.*

We have examined the foregoing accounts of the Treasurer, and find them correctly cast, with proper vouchers for the same.

CHARLES SMITH,
ZEBINA L. RAYMOND,
Auditors.

September 30, 1858.

FOURTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT NORTHAMPTON.

OCTOBER, 1859.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1859.



Commonwealth of Massachusetts.

FOURTH ANNUAL REPORT

OF THE

TRUSTEES OF THE THIRD HOSPITAL FOR INSANE, AT NORTHAMPTON.

To His Excellency the Governor and the Honorable Council :

The Board of Trustees of the Hospital for the Insane, at Northampton, in compliance with the statute, would respectfully submit the following Report.

Since the opening of the institution, a little more than one year ago, three hundred and twenty-one persons have partaken of its benefits. Two hundred and twenty-eight were admitted before the date of the last Report, the greater part from the other hospitals, and ninety-three have been admitted during the year now closed. Of these, forty-five were males and forty-eight were females. Sixty-one have been discharged during the year. Eighteen males and fifteen females were sufficiently well to return to their usual business, and take their place as useful members of society; and nine males and nine females were more or less improved at the time of their discharge. Seven males and twelve females have died. These deaths, however, were from chronic diseases, and do not show any cause of disease existing in or about the hospital. On the contrary, the almost entire absence of other varieties of sickness rather tends to show a very healthy condition of the patients, when their peculiar state is considered.

The Trustees are happy in the belief that the hospital has a most healthy location, and that every thing is done to secure the good condition of the patients in this respect. They have always been well pleased to observe the cleanliness maintained in every department, and the sweetness and purity of the air in the corridors and sleeping-rooms, believing that the health, and also the good order which prevail are to a considerable degree to be attributed to this cause. The quiet and orderly deportment of the patients is no doubt also owing largely to the mild and rational treatment they receive. There have been, so far, no straps or other apparatus used in the treatment of any patient, excepting in two cases where it was necessary for a while to confine the hands for the purpose of keeping in place some surgical appliances. It is also gratifying to know that no patient is allowed to pine in solitary confinement for that sympathy which his disease peculiarly entitles him to receive. There is no patient in the house who does not have the benefit of exercise in the open air in pleasant walks or rides in suitable weather, and the Trustees believe no effort is spared to relieve the tedious monotony of confinement. The deprivation of liberty to which these unfortunate persons are necessarily subjected, is in itself so great an affliction as to require the most constant exercise of humanity and benevolence to invent and carry out plans and means for its alleviation.

From the Superintendent's report herewith submitted, it will be seen that the building and all the apparatus seem to be well adapted to their purpose so far as exigencies have occurred to try them during the first year of their use. There was in the severe weather of the last winter, some want of heat felt at times, but after the alterations which have been made in the steam pipes, it is possible it will not be longer felt. The expense of heating is felt to be large, but the heating of so large a building with rooms twelve feet high, if at the same time properly ventilated, must be expensive; for this there is no remedy.

A hospital without any provision for the out-of-door exercise of the patients would be regarded as incomplete in its appointments, and such a want could not fail to be felt disadvantageously. Therefore the farm connected with this institution is highly valued, not only because of the crops of hay and vegetables which are already of considerable importance and value,

but because it affords the best and most healthful form of exercise for many of the patients.

Beside the labor necessarily expended upon the crops, there has been much work done in making permanent improvements on the land, by draining and making productive the rougher parts of the farm. The value of the crops this year is estimated at over five thousand dollars, as by a schedule annexed, while the increased value of the land on account of the permanent improvements, would pay a large part of the cost of carrying on the farm.

There is great need of a good barn, as the old buildings now in use are neither large enough nor in sufficiently good repair to afford the required protection to the cattle and crops, and much inconvenience is felt on this account. It would be desirable and economical to increase the number of cows, but with the present small accommodations, this cannot be done. So great is the inconvenience felt to be, and so urgent the necessity of better accommodations, that an appropriation for building a suitable barn and accompanying out-buildings will be asked of the legislature.

Some labor has been bestowed on grading and ornamenting the grounds, and they have been considerably improved in many respects. That part of the grounds lying upon the road, and the hill near the entrance, remain in their rough condition, until a suitable fence and gateway can be procured. The grounds are entirely uninclosed, and much inconvenience is experienced on this account.

Petition was made to the last legislature for means to purchase a few small lots of land, with houses upon them, which occupy a very inconvenient position with respect to the kitchen garden, and which, for several reasons, it is desirable the institution should have control of. If these lots could be purchased, the fence upon the front line could be made straight, and inconvenient neighbors removed. Although the petition for means to purchase was not granted, the Trustees will feel obliged to renew it at the coming session of the legislature, with the hope of better success, and with this, will also petition for means to build a suitable fence on three sides of the farm, with a gateway at the entrance to the avenue.

The expenditures of the institution have been most carefully guarded, and the accounts of the Treasurer will show a small

balance of cash unexpended. The action of last legislature, however, in reducing the rate of compensation for the care of the State paupers, and throwing the burden of the salaries upon the treasury of the institution, it is feared will not permit us to show so favorable an account at the close of the next year. Were the hospital crowded with patients, the result might be different, but this condition will not probably exist for some years, unless the exigencies of the other institutions should require another removal of patients for their relief.

The interests of such an establishment as this, the home of so large a family of sufferers, appeal strongly to the feelings of all, and make it especially incumbent on those in any way connected with the administration of its affairs to be vigilant and faithful to the trust. With this feeling, the Trustees have maintained a close supervision of its affairs, and, by frequent visits, have satisfied themselves that all was being done that could contribute to the accomplishment of its beneficent ends.

At the close of the year the institution lost the services of Dr. A. W. Thompson, who had acceptably performed the duties of Assistant-Physician from the opening, and the vacancy thus created has been filled by the appointment of Dr. C. K. Bartlett, formerly of Charlestown.

A list of the salaried officers of the institution, with the amount of their salaries, is here given :

Physician and Superintendent—Dr. William Henry Prince. Salary, \$1,600.

Assistant-Physician—Dr. C. K. Bartlett. Salary, \$500.

Clerk— ———. Salary, \$500.

Treasurer—Eliphalet Trask. Salary, \$300.

Engineer— ———. Salary, \$600.

Farmer—Asa Wright. Salary, \$600.

The Inventories of property and of the products of the farm are hereto appended.

All which is respectfully submitted.

ELIPHALET TRASK.
CHARLES SMITH.
FRANKLIN RIPLEY.
WALTER LAUGHLIN.
EDW'D DICKINSON.

Inventory of Stock and Supplies on hand September 30, 1859.

Live stock on farm,	\$2,400 00
Produce of farm,	3,670 20
Carriages and agricultural implements,	1,175 25
Machinery and mechanical fixtures,*	4,991 78
Beds and bedding for inmates,	8,896 72
Other furniture for inmates,	14,905 46
Personal property of the State in the Superintendent's department,	520 00
Ready made clothing,	126 20
Dry goods,	159 74
Provisions and groceries,	654 70
Drugs and medicines,	250 00
Fuel,	1,200 00
Library,	250 00
	<hr/>
	\$39,200 05

* Under this head are included four boilers, a steam engine, a Worthington pump, a water-heater, and the mechanical fixtures in the laundry.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the State Hospital for the Insane at Northampton :

GENTLEMEN,—In compliance with the by-laws of the institution the Superintendent presents his second annual report.

A kind Providence has brought us through that most trying period in the history of a new institution, its first year, without accident to detract from the gratification with which we may look upon its results, and has crowned our efforts with a measure of success highly satisfactory.

Death, it is true, has not spared us. We have lost our full proportion of patients by disease, but in most cases this termination was the inevitable result of long continued disease in constitutions shattered and broken down by years of suffering. Our duty was merely to postpone the fatal end, and soothe as we might, the last stages of life.

Dysentery and fever of the severer forms have been strangers to our halls, and the few cases of acute disease which have come under treatment have yielded readily to remedies. There has been no death from acute disease originating in the house. The healthfulness of the location—our exposure to purifying winds—the dryness of the soil—the efficient system of ventilation and drainage, and the strict attention paid to the laws of health have preserved them from those diseases to which the mental and bodily condition of a great majority of the patients would naturally make them susceptible.

There is but a small increase in the number of patients over last year, the number discharged and dead having nearly equalled the number admitted. Remote from the metropolis and the great centres of business, situated in the midst of a rather scattered farming population, the institution will not fill

so rapidly as those differently located, and it is to be hoped that, for many years to come it may continue to afford all the accommodation our Commonwealth will need for that unfortunate class of its population which seeks relief within our walls.

A year's experience shows the adaptation of the building and the various fixtures and apparatus to the ends for which they were designed. Their completeness not only leaves comparatively little to be desired, in addition, but experience in their use assures us that no very important alterations or repairs can be necessary for many years to come, to render them and keep them in every respect equal to the demands of an enlightened philanthropy. Those to whose hands are confided the erection and preparation of a hospital for the insane, at the present day, would scarcely be justified in the opinion of the public, unless in the plans and arrangements, a decided advance were made over the older institutions. More correct and enlightened views of the demands of this unfortunate class of our fellow beings, and of their proper treatment, are prevailing more and more extensively, and legislative bodies will not fail to see that in order to secure the best accommodations and treatment, the necessary expenditures must be on a liberal scale—that liberality is, in fact, economy. The result of the generous policy of the Commonwealth toward this institution is the possession of a hospital which, in the convenience of its general arrangements, and the adaptation of its various parts to their purposes is probably second to no other,—creditable alike to the generous public to which it owes its existence and to the wisdom of those who so ingeniously planned and fitted it to its ends. It would, however, be unreasonable to expect that, in a work of such extent, involving such a multitude of details of great diversity, every thing desirable had been at once brought together, and in such perfection that experience in its use would fail to suggest an addition or an improvement.

The last winter was entered upon with some anxiety as to the power and efficiency of our untried heating apparatus to do all that might be required of it, foreseeing the great discomfort and inconvenience to which we should be subjected by failure in any part. During the greater part of the season, however, we found ourselves well supplied with heat in every part of the building. A temperature between 60 and 70 degrees was main-

tained in the lower story, while at the same time, in the upper one, 70 to 80 degrees was a frequent range in ordinary weather. There were periods, however, when the external temperature sank far below zero, and a smart breeze forced the air into every crevice, when it was impossible to preserve a comfortable degree of heat in the lower story for any great length of time. The experience is sufficient to show that under ordinary circumstances the heating apparatus is powerful enough, but that under extremely low temperatures, accompanied, as is often the case here, with violent winds, some increase in the quantity of steam generated, or some change in the arrangement of distributing pipes will probably be necessary. Some alterations have been made during the summer, which, it is hoped, will have the effect of removing the inconvenience alluded to ; but another winter's experience will better enable us to judge whether any more important change in or addition to the apparatus will be needed.

The ventilation of the house is quite successful. We have at all times a constant current of fresh air passing through the halls, and corridors, and rooms, adding much to the health and comfort of the inmates. There is sometimes an unequal distribution from causes which are somewhat obscure, but depending probably on the varying direction and force of the winds as much as on any other circumstance. This, however, being but temporary, and existing to no great extent, is not a source of much or frequent inconvenience. Usually the purity of the air in the different parts of the building is remarkable, even in those wards where it is least to be expected. The healthiness, comfort, and quiet attributable to this cause enables us to appreciate the great advantage we enjoy in this particular

On the 30th September, 1858, the date of the last report, there were two hundred and twenty patients remaining in the hospital, of whom ninety-three were males and one hundred and twenty-seven were females.

Since then ninety-three patients, of whom forty-five are males and forty-eight are females, have been admitted. Eighty, of whom forty are males and forty are females, have been discharged, or have died, leaving ninety-eight males and one hundred and thirty-five females at the present time.

The whole number therefore, under treatment during the year is three hundred and thirteen. These facts are presented in the following table :

TABLE No. 1,
Showing the Number and Sex of all Patients admitted, discharged, died and remaining.

	Male.	Female.	Total.
Number of patients remaining, Sept. 30, 1858,	93	127	220
admitted since,	45	48	93
under treatment during the year, .	138	175	313
discharged during the year, . .	33	28	61
died during the year,	7	12	19
remaining Sept. 30, 1859, . . .	98	135	233

The excess in the number of females remains large, and has in fact increased since the last report, although of the new admissions the females exceed the males by only three in ninety-three.

Of the whole number discharged, eighteen males and fifteen females have recovered ; nine males and nine females were improved ; and in six males and four females there had been no change for the better.

Quite a large proportion of those who have left the hospital during the year have been recorded as “stationary,” or “improved.” Two principal causes contribute to this result. On the opening of the hospital, its first patients were received from the older institutions, in which many of them had passed several years, and fallen into hopeless dementia. Thus of the 228 admitted before the last report, ninety-nine, or a little over forty-three per cent. had been insane for periods varying from two to twenty years, and were most of them in a hopeless condition. Of the whole number admitted, only thirteen, about one-half of one per cent., had been insane less than one year. The chances for recovery are well known to decrease very much and progressively, as the duration of the disease increases, especially after the first year. Therefore the chances for forty-

three per cent., nearly one-half of our number, were small and diminishing.

In addition to this, there were reported last year ninety-eight cases, the duration of which could not be ascertained. Definite information concerning them cannot be obtained, but a large part of them present all the appearance of cases of long duration. Two-thirds of these, or twenty-eight per cent. of the whole, should be added to the number of those the duration of whose disease had, at the time of their admission, exceeded the period at which treatment is most beneficial. This would make a total of seventy-one per cent. of the whole number of those admitted prior to the date of the last report, whose chances for recovery were small and growing constantly less.

The other cause alluded to above is in the fact that the foreign lunatic paupers who are not dangerous and not likely to be cured by longer residence in a hospital, are removed and otherwise provided for by the Board of Alien Commissioners. Fourteen patients have been removed by this board during the year, and are recorded—a few as “improved,” the greater part as “stationary.”

TABLE No 2,
Showing the last Residence of all Patients admitted this year.

COUNTIES.	Male.	Female.	Total.
Hampshire County,	9	12	21
Hampden County,	12	10	22
Franklin County,	8	8	16
Berkshire County,	9	3	12
Middlesex County,	2	1	3
Worcester County,	1	2	3
Norfolk County,	—	1	1
Suffolk County,	1	1	2
Essex County,	1	1	2
Other States,	2	9	11
Totals,	45	48	93

TABLE No. 3,
Showing the Ages of all admitted during the year.

AGES.	Male.	Female.	Total.
Between 10 and 20,	2	2	4
20 and 30,	13	10	23
30 and 40,	10	10	20
40 and 50,	10	12	22
50 and 60,	5	6	11
60 and 70,	4	4	8
Over 70,	—	2	2
Unknown,	1	2	3
Totals,	45	48	93

TABLE No. 4,
Showing the Nativity of all Patients admitted.

NATIVITY.	Male.	Female.	Total.
American,	36	41	77
Irish,	7	6	13
German,	2	—	2
English,	—	1	1
Totals,	45	48	93

TABLE No. 5,
Showing the supposed Causes of Insanity.

SUPPOSED CAUSES.	Male.	Female.	Total.
Ill health,	2	9	11
Death of friends,	—	6	6
Intemperance,	3	—	3
Pecuniary embarrassment,	4	—	4
Domestic trouble,	3	2	5
Epilepsy,	2	—	2
Masturbation,	2	—	2
Jealousy,	1	—	1
Puerperal,	—	3	3
Suppression,	—	1	1
Religious excitement,	—	1	1
Hard labor,	—	1	1
Disappointed affection,	1	—	1
Unknown,	27	25	52
Totals,	45	48	93

TABLE No. 6,
Showing the Ages at which Insanity appeared.

AGES.	Male.	Female.	Total.
Between 10 and 20,	6	5	11
20 and 30,	10	15	25
30 and 40,	12	10	22
40 and 50,	10	9	19
50 and 60,	2	3	5
60 and 70,	2	3	5
Unknown,	3	3	6
Totals,	45	48	93

TABLE No. 7,
Showing the Duration of the Disease before admission.

DURATION OF DISEASE.	Male.	Female.	Total.
Less than one year,	17	19	36
From 1 to 2 years,	2	3	5
2 to 5,	10	9	19
5 to 10,	5	4	9
10 to 15,	4	6	10
15 to 20,	2	1	3
20 to 25,	—	1	1
25 to 30,	—	3	3
Unknown,	5	2	7
Totals,	45	48	93

TABLE No. 8,
Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Male.	Female.	Total.
Married,	20	18	38
Widowed,	2	7	9
Single,	23	23	46
Totals,	45	48	93

TABLE No. 9,
Shows the Occupations of the Male Patients.

Farmers, 18	Tailor, 1
Laborers, 9	Peddler, 1
Students, 2	Mason, 1
Clergymen, 2	Carpenter, 1
Machinists, 2	Clerk, 1
Bookkeeper, 1	Miller, 1
Shoemaker, 1	Blacksmith, 1
Whipmaker, 1	No occupation, 1
Bookbinder, 1	Total, 45

TABLE No. 10,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Male.	Female.	Total.
Phthisis,	4	5	9
Maniacal exhaustion,	3	4	7
Epilepsy,	—	1	1
Disease of heart,	—	1	1
Anæmia,	—	1	1
Totals,	7	12	19

TABLE No. 11,
Shows the Proportion of Commitments.

Committed by Governor,	2
Courts,	48
Friends,	43
Total,	93

TABLE No. 12,
Shows by whom the Patients will probably be Supported.

Supported by State,	18
Towns,	25
Friends,	50
Total,	93

At its last session the legislature appropriated the sum of two hundred dollars for the purchase of books and pictures for the hospital. This amount has been expended as designed, and

the pictures now ornament the halls and parlors, imparting to them a cheerful and pleasant air, and affording a never-failing source of interest to their occupants. The addition thus made to our library is a very timely increase of our means of profitable amusement and occupation.

The importance of innocent amusement of every kind in the treatment of the insane is everywhere felt, and all possible means of relieving the monotony of hospital life, which are innocent and not too exciting, are welcome. To this end, books, pictures, games of different kinds, music, dancing, and various exhibitions, all conduce. Nothing would furnish our male patients with a more suitable and useful amusement than a bowling alley, and it is hoped the means for building one may be obtained at no distant day.

During the winter and spring a singing exercise in the chapel gave great pleasure to a large proportion of the patients, and about once a month a social gathering in the large centre hall, with music and dancing, has been a source of great enjoyment to many, and of undoubted benefit to some.

The usual religious exercises in the chapel have been regularly enjoyed. In the evening the service is by the Superintendent, and on the Sabbath a regular service is performed by one of the clergymen of the village, who officiate in rotation. This method is found to be attended with satisfactory results. The insane do not always lose their preference for one over another of the various forms in which the great vital truths of religion may be presented to them, and their gratification in this respect is secured by the arrangement adopted here. The meetings are attended by a large portion of the patients to their very great benefit. Any impropriety of conduct from want of self-control is a rare exception to the quiet and good behavior which generally prevail. Beside the evening exercises above referred to, the assistant-physician has given a series of interesting readings, consisting of selections from the popular authors, which have furnished a highly gratifying entertainment.

Regular daily occupation of a useful kind will always continue, however, to furnish to those capable of it more real benefit than any mere amusement. Many of the female patients find constant employment in knitting, and in making and repairing garments in the sewing-room. Others, both male and

female, are occupied about the laundry and kitchen, the dining rooms, halls and passages, and find at the same time health and recreation, beside rendering really valuable assistance. A large number of the men are regularly employed on the farm and grounds. In fact a large share of the labor is performed by them. It is one of the principal advantages of the farm to the institution that it affords the means of healthful occupation to so large a number who would otherwise be obliged to pass a great part of every day in the halls. The value of this regular daily exercise out of doors can hardly be overrated. Without it it is difficult to secure or maintain health of body or mind.

Prominent among the causes of insanity are many forms of deranged functions which appear in the "tables" under the common designation of "ill health." These cases are, to a great extent, due to long continued violations of the common laws of health, especially to the neglect of actual out-of-door exercise. Sedentary habits and employments to which females give themselves up, or to which they are forced by circumstances, by depriving their muscles of the necessary amount of exercise, disturb the balance between the muscular and nervous systems, and lay the foundations of those disordered states of the system, which, in many cases, eventually result in a morbid condition of the mind.

The seeds of the disease, too, are often sown in the earlier years of life, by that vicious system of education which stimulates the growing and susceptible brain beyond its healthy action, and at the same time by long confinement in overheated and crowded school-rooms, deprives the sufferers, during so many hours of the day, of the pure, healthful atmosphere, of which, at that tender age, they stand so much in need. Many a child passes six hours of the day in a close and overheated room, the atmosphere of which is loaded with materials the most deleterious to health. They leave the room jaded and depressed by the influences to which they have been subjected, not even now to refresh themselves by invigorating sports and healthful exercises, but to prepare at home the task for tomorrow, and this done, to retire, too often, for an uneasy and unrefreshing night's sleep to an apartment from which the pure air is studiously excluded, and in which the foul product of respiration is as carefully retained. The child passes on to

adult age with a constitution already enfeebled by his previous habits. With an absorbing interest in and devotion to the cares and excitements of business, he enters on some one, or many in succession, of the various commercial speculations of the day, or on the no less exciting struggle for professional or political distinction. Without regard to the effect of such a course upon the health, with no thought of rest or relaxation, or perhaps seeking relief and amusement in questionable or even vicious indulgences, he rushes on until the overtaxed powers fail, nature asserts the supremacy of her laws, and the sufferer pays the penalty of an unsound mind in an unsound body.

Females, it is true, after the period of childhood, are not exposed to the same causes of deranged health, nor to the same strong mental stimulus. Many of the habits and customs, however, of our advancing civilization, are not merely unfavorable to the acquisition and preservation of a desirable soundness and vigor of constitution, but are directly instrumental in producing various forms of nervous derangement, which not unfrequently terminate in confirmed mental disease.

The farm has been under the same efficient management as during the previous year, and has afforded the means of healthful and useful employment to many of the patients. From it we have also drawn a bountiful supply of vegetables and fruits for the use of the household and the farm stock. Several acres of unproductive land have been brought under cultivation and made to give good crops; and other pieces, the produce of which has for many years been nearly worthless, have been brought into good condition, and will now add materially to our resources.

Several hundred fruit and ornamental trees have been planted, and the greater part of them show promising signs of vigor. One hundred and thirty rods of substantial stone drain have been laid, to the great improvement of the land, increasing considerably the quantity capable of remunerative cultivation.

The contents of the sewer are now carried, by means of proper conductors, to the meadow, and are made to flow over the grass land and upon heaps of muck and compost, thus affording a large quantity of valuable enriching material very

much needed upon the exhausted soil. There being no cellar under the barn, and the accommodations for cattle very limited, this material from the sewer becomes of great importance to the farm.

One of our principal needs is a new barn of capacity sufficient for housing the crops and cattle necessary to supply the wants of the house and the farm. The old buildings now occupied are exceedingly dilapidated, and are entirely too small for the purpose. The deterioration and actual waste of fodder by being stacked out with no protection from the weather—the loss sustained by the exposure of the manure heap to the sun, rain, and wind,—the waste of food, by exposure of the cattle in cold, dilapidated stables, to the inclemency of the weather—the difficulty of obtaining a satisfactory performance of the necessary labor in the present crowded, inconvenient, and uncomfortable buildings, make us regret their insufficiency, and hope that our wants, in this respect, will not be allowed to remain long unsupplied.

The farm and grounds still remain uninclosed. No fence separates them from the highway, and the public have free ingress and egress at all points, and use the privilege without stint. It is, of course, very desirable that means should be obtained for building a suitable fence upon at least two sides of the farm, with a substantial gateway upon the public road.

A great amount of labor has been expended on the grounds, and they have been farther improved by grading and planting. Between one and two hundred shade trees have been set and are now in good condition. The groves have been partially cleared of under-growth and paths opened through them; seats and swings have been erected, and they have been made pleasant resorts of the walking parties. A schedule of the products of the farm is subjoined.

Reference to the Treasurer's account will show that the expenses have been kept within the receipts, and a cash balance remains in the treasury. This result has been obtained only by the exercise, in every department, of the most rigid economy consistent with the proper administration of the affairs of the institution, and by denying ourselves every thing not considered absolutely essential to the comfort and proper treatment of the

inmates. We enter upon a new year, you are aware, under circumstances, in some respects less favorable than those under which this result has been obtained. The legislature at its last session not only reduced the price paid for the support of the State paupers, but passed a law obliging the hospitals to pay from their receipts those salaries which had previously been drawn from the State treasury, thus not only diminishing our income, but materially increasing our expenses. The close of the next financial year may therefore very probably show an excess of expenditures over receipts.

I have again the pleasure of acknowledging our indebtedness to kind friends for contributions to our means of amusing and entertaining the patients. To Dr. L. V. Bell we are under obligations for a large number of flowering bulbs and glasses; to A. W. Thayer, Esq., of Northampton, for books and maps; to Dr. S. A. Fisk, for plants and an addition to the library; to the Hon. Edward Dickinson, of Amherst, for valuable books; to Samuel W. Collins, Esq., for a large and valuable addition to the library, and for pictures; to Mr. Henry Dickinson, Moses White, Esq., Samuel Wells, Esq., and Hon. Charles Dewey, of Northampton, and to Joseph Breck, Esq., of Boston, for plants for the garden; to J. H. Butler, Esq., Charles White, Esq., J. D. Whitney, Esq., J. R. Trumbull, Esq., E. J. Cornell, Esq., Silas M. Smith, Esq., Messrs. Bridgman & Childs, J. D. Whitney, Jr., Esq., Wm. B. Hale, Esq., Thomas Boland, Esq., Justin Thayer, Esq., C. Fairbanks, Esq., Messrs. Wood & Kingsley, H. Bright, Esq., J. S. Lathrop, Esq., S. T. Spaulding, Esq., for valuable additions to the library.

To Miss D. L. Dix, the untiring and devoted friend of the insane, we are indebted for a large number of pictures.

To T. P. Huntington, Esq., of Hadley, we are under obligations for several hundred strawberry plants, and to Mr. James Squier, of Montgomery, for a hundred and fifty currant bushes, and to other ladies and gentlemen for the kind interest they have in various ways shown in the institution.

To you, gentlemen, I would express my thanks for your untiring devotion to every interest of the institution, and for the kind and considerate support I have ever received at your hands.

To Dr. A. W. Thompson, who has zealously and efficiently performed the duties of assistant-physician during the year now closed, I would acknowledge my obligations. He has resigned his situation to engage in general practice, and takes with him upon his retirement the good wishes of all with whom he has been associated. Dr. C. K. Bartlett, formerly of Charlestown, has been appointed to the vacancy. The other resident officers deserve my thanks for the manner in which their duties have been performed.

The experience of the year now closed affords abundant cause of gratitude to Him who has brought us safely and successfully through its trials and duties. May He grant an equal blessing on the labors of the coming year.

WM. HENRY PRINCE.

NORTHAMPTON, September 30, 1859.

INVENTORY—Continued.

40 bushels beans, . . .	\$80 00	30 bushels tomatoes, . .	\$30 00
1200 " potatoes, . . .	600 00	25 " cucumbers, . . .	25 00
60 " onions, . . .	45 00	300 tons ice, . . .	600 00
other vegetables, . . .	250 00		
4189 gallons milk, . . .	837 80		\$5,263 80
50 dozen eggs, . . .	10 00	Cash from sales, . . .	1,185 95
15 bushels sweet corn, . .	20 00		
20 " peas, . . .	20 00		\$6,449 75

TREASURER'S REPORT.

To the Trustees of the State Lunatic Hospital :

I herewith submit the following statement of the receipts and expenditures of the Treasurer, for the year ending September 30, 1859.

RECEIPTS.

Balance in hands of Treasurer Sept. 30, 1858,	. \$2,095 58
Received for support of patients,	. 26,212 55
for animals and products of farm sold,	. 1,185 95
borrowed of banks,	. 11,500 00
for sundries sold,	. 582 53
from State Treas'r on acc't of appropri'n,	6,000 00
	<hr/> \$47,576 61

PAYMENTS.

For provisions and supplies,	. \$20,157 04
on account of farm,	. 4,364 90
wages,	. 6,484 51
repairs,	. 1,535 76
paid banks,	. 11,500 00
contingencies,	. 1,948 03
improvements,	. 155 15
Balance in hands of Treasurer,	. 1,431 22
	<hr/> \$47,576 61

ELIPHALET TRASK, *Treasurer.*

We the subscribers, certify that the above accounts of the Treasurer of the Lunatic Hospital at Northampton have been examined by the subscribers and found well kept, properly vouched, with a result as above.

FRANKLIN RIPLEY,
CHARLES SMITH,

Committee.

October 19, 1859.

FIFTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT NORTHAMPTON.

OCTOBER, 1860.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1860.



Commonwealth of Massachusetts.

FIFTH ANNUAL REPORT

OF THE

TRUSTEES OF THE THIRD HOSPITAL FOR INSANE, AT NORTHAMPTON.

*To His Excellency the Governor of the Commonwealth of
Massachusetts, and the Honorable Council :*

The Trustees of the State Lunatic Hospital at Northampton present their Fifth Annual Report.

The Trustees are called upon to exhibit a particular statement of the condition of a hospital established by the policy of a former administration. The different opinions which have heretofore been entertained of the necessity for this institution are matters of the past. The institution exists, and the question that remains is, how to make it most useful. The presence at this time of three hundred and fifteen patients within its walls, while the older hospitals at Worcester and Taunton still remain full, sufficiently shows that it is worthy of the care of its friends, and entitled to a full share of the attention of the Commonwealth.

A comparison of the present with the former Reports will show the steady increase in the number of its inmates. On September 30, 1858, the whole number remaining was two hundred and twenty. On September 30, 1859, the number was two hundred and thirty-three. The present number is three hundred and fifteen. We have prepared a table showing

the number remaining at the end of each month during the past year, which is appended and marked A. From this table it appears that the average number remaining at the end of each month, has been two hundred and fifty-nine, or fifty-six less than the present number. The average number of State lunatic paupers supported here during the year has been one hundred and seventy-eight, and the present number is two hundred and eighteen.

For various statistical information respecting the patients admitted within the year, reference is made to the tables furnished by the Superintendent in his report, which is herewith presented.

In compliance with the requirement of the statutes, we exhibit a list of the salaried officers and their salaries, in the table appended to this Report, and marked B; and the value of the stock and supplies, under appropriate heads, in the table appended and marked C; and we also add a list of the farm products for the year in a schedule appended and marked D.

The present financial condition of the hospital is as follows :

Due to the hospital from various sources, . . .	\$12,842 36
Bills against the hospital, rendered and unpaid, .	\$5,061 35
Due for borrowed money,	2,153 98
Bills not yet presented, estimated at	700 00
Pay roll, due and unpaid,	939 08
Salaries, due and unpaid,	675 00
Money received in advance payment, from several,	191 30
	<hr/>
	\$9,720 71

This statement shows that although the institution is in debt, and is likely to remain so for the present, yet it is not at this time indebted for a larger sum than the amounts due to the hospital, which consist chiefly of board bills. The payment for the support of State paupers is made on the first days of January and June in each year, while the treasurer and trustees are required to make up their accounts and reports to the thirtieth day of September. It would be a matter of convenience if the time for the payments for State paupers could

be changed, so as to conform to the time when the reports are required to be made.

Although the above statement shows that the resources of the institution are still equal to its liabilities, it is apparent that its income for the past year has not been equal to its expenditures. This is owing to two causes. By the statute of 1859, chapter 107, it was provided that the salaries of certain officers, which had before been paid from the treasury of the Commonwealth, should be paid from the current receipts; and that the amount paid for the support of the State lunatic paupers should not exceed two dollars and fifty cents per week. By the former provision the expenses of this institution for the past year have been increased by the sum of three thousand six hundred and sixty-five dollars, while by the latter provision its receipts have been diminished by the sum of at least three thousand dollars; an aggregate loss of no less than six thousand six hundred and sixty-five dollars.

This statement will show at once that, with the same beneficial provisions of law which the other hospitals enjoyed in their infancy, this institution, at the end of only two years from the reception of its first patient, would already have become more than self-supporting. We believe that no more satisfactory general test than this can be exhibited of the economy which has marked the management of the Superintendent.

We append a table, marked E, showing a summary of the board accounts for the year. The whole amount charged for the support of State paupers is twenty-three thousand one hundred and seventy-seven dollars and ninety-eight cents, for nine thousand two hundred and seventy-one weeks' support, at two dollars and fifty cents a week, with a slight variation for fractions. The actual cost of clothing furnished to State paupers has been one thousand and thirty-one dollars and four cents, which being deducted leaves twenty-two thousand one hundred and forty-six dollars and ninety-four cents as the net amount for board, which is at the rate of about two dollars and thirty-eight cents a week.

In respect to the diet furnished to the inmates of the hospital, we are satisfied that the food provided has been plain, wholesome, abundant, but not wasteful. We have not felt called upon to suggest any change in this regard. An obvious and

easy mode of reducing the current expenses would be to diminish the quality or supply of food. It is not, however, to be endured that any imposition, or any parsimony in this respect should be practiced upon the helpless patients committed here for treatment, and we are happy in believing that, with reference to their ultimate restoration, and consequent discharge from the condition of pauperism, strict economy as well as humanity is promoted by a somewhat substantial regimen, and a sufficient supply of the other means of health. We have caused a diet table to be made out and appended to the Superintendent's report.

The extensive halls and the high rooms in this hospital, of themselves imply a large expense for heating, and this expense is of course increased by the present system of thorough ventilation. We estimate the cost of fuel for the past year at seven thousand nine hundred and four dollars and seventy-nine cents, and perhaps a reduction from this sum cannot be expected in future.

We have also paid careful attention to the other leading subjects of expense, for the purpose of satisfying ourselves in detail, as far as possible, as to the economical management of the institution, and our examinations have served to confirm the favorable opinions entertained by our predecessors of the administrative ability of the Superintendent.

During the coming year some increase in the products of the farm may reasonably be looked for, and if the number of patients shall continue as great as at present, it will diminish the average amount of some important items of expense. Still, it can hardly be hoped that, for several years to come, the institution will be able, out of its own resources, to supply several important and pressing needs. Time enough has not yet elapsed for all its various operations to have become thoroughly systematized by experience, and, from the arrangement of the halls and the number of attendants thereby required, as well as for other reasons which have been already adverted to, the expense per head must be somewhat greater here, under any management, than at the comparatively crowded hospitals at Worcester and Taunton. It is our duty to suggest such measures as seem to be demanded by a proper regard for the improvement of the Commonwealth's property, and for the furtherance of the purposes of the hospital.

The supply of water under the existing contract has temporarily failed in each of the last two years, and some arrangement to supply the deficiency and to guard against future accidents, became absolutely necessary. By the statute of 1859, chapter 177, the Trustees were prohibited from making any permanent improvement or addition until after a special appropriation therefor. But it has been necessary, even for temporary purposes, to procure a boiler and pump, and to erect a pump house, which, with some additions that now seem necessary, will subject the institution to an expense of about one thousand dollars, and we therefore recommend an appropriation of that sum for this purpose.

The Trustees are still impressed with the advantage to the Commonwealth of purchasing the small lots of land occupying positions between its present property and the public road, as referred to in the Report of last year, and they therefore again suggest an appropriation of four thousand dollars for that purpose.

For the economical purchase of coal it is often found necessary to procure the principal supply for the year within the space of a few months, in spring or the early summer, and there is at present no fit place for its storage. We suggest the need of an appropriation of fifteen hundred dollars for a coal house. We also recommend an appropriation of a sufficient sum to buy a safe.

It is considered quite essential to provide some means of exercise and occupation for many of the patients outside of the halls. The opportunity which the farm affords to the males is reckoned as not the least of its advantages. But at certain seasons of the year, and for many patients at all seasons, this kind of exercise is impracticable. We are led to the belief that there is no one thing that would prove so advantageous an addition to the institution, for these purposes, as a set of bowling-alleys, the benefits of which are now so generally recognized that they are considered almost indispensable for an asylum of this character. We therefore suggest an appropriation of one thousand dollars for the construction of bowling-alleys.

The Trustees have taken steps to continue until April 25, 1861, the insurance of fifty thousand dollars which has hitherto been maintained upon the hospital. So far as is known to the

Trustees, this is the only property of the Commonwealth which has been kept insured ; and they will be inclined hereafter to acquiesce in what seems to be the settled policy in regard to other public property unless they are instructed to the contrary.

It has been the custom in this, as in the other similar institutions, to receive patients who are not committed in any of the ways pointed out by the statutes, at special rates of compensation. These are provided for in a style corresponding with the price paid, but particular care is taken to prevent the chance of loss ; and so long, at least, as the room is not required for the special objects of the Commonwealth's charity, the custom of receiving such patients seems open to no valid objection.

It is our opinion that the reasonable capacity of the hospital is somewhat greater than has been heretofore supposed. The original design, as expressed in the statute, was only for the accommodation of from two hundred to two hundred and fifty patients. There are now three hundred and fifteen, and a somewhat larger number may, in our opinion, be received without fear of ill results.

We have taken pains to satisfy ourselves that the patients have been subjected to no undue physical restraints, and that they have met with no abuses from the attendants.

The ample grounds, the large halls, the high rooms, the system of ventilation and heating, the regular and wholesome food, and the habits of personal cleanliness which are here enforced, afford without doubt a much more comfortable and healthful condition of daily life, in physical respects, than the average of our poorer population enjoy at home ; and we regard all these as primal elements of recovery for the insane.

The foregoing are all the matters that seem to demand special mention from us, in addition to those contained in the Superintendent's report, which is commended to your attention.

ELIPHALET TRASK.

WALTER LAFLIN.

EDWARD DICKINSON.

S. M. SMITH.

CHARLES ALLEN.

NORTHAMPTON, October 13, 1860.

TABLE A.

*Showing the number of Patients remaining at the end of each Month,
from September 30, 1859, to September 30, 1860.*

	Males.	Females.	Total.
October 31, 1859,	99	135	234
November 30, "	100	129	229
December 31, "	102	127	229
January 31, 1860,	103	124	227
February 29, "	122	140	262
March 31, "	122	142	264
April 30, "	121	147	268
May 31, "	123	144	267
June 30, "	125	147	272
July 31, "	124	146	270
August 31, "	122	148	270
September 30, "	137	178	315

TABLE B.

*List of salaried Officers and their Salaries, at the State Lunatic Hospital
at Northampton.*

William Henry Prince, M. D., { Superintendent, salary, . . . \$1,600 00
Treasurer, 300 00
C. K. Bartlett, M. D., Assistant-Physician, 600 00
F. L. Eldridge, Clerk, 300 00
Asa Wright, Farmer, 600 00
———, Engineer, 365 00
\$3,765 00

TABLE C.

Inventory of Stock and Supplies on hand, September 30, 1860.

Live stock on the farm,	\$2,826 00
Produce of the farm on hand,	4,126 25
Carriages and agricultural implements,	1,165 42
Machinery and mechanical fixtures,	5,181 00
Beds and bedding in the inmates' department,	6,371 70
Other furniture in the inmates' department,*	3,371 57
Personal property of the State in the Superintendent's department,	461 98
Ready made clothing,	141 35
Dry goods,	122 43
Provisions and groceries,	598 72
Drugs and medicines,†	296 00
Fuel,	2,756 00
Library, 482 volumes,	285 00
	<hr/>
	\$27,703 42

* This item includes all the furniture in the building except in the Superintendent's department.

† This item includes instruments, &c.

TABLE D.

Showing a List of the Farm Products during the past Year.

43 tons hay,	\$516 00	6 tons squash,	\$180 00
13 " rowen,	156 00	12 " pumpkins,	23 00
18 " swamp hay,	48 00	$\frac{1}{2}$ " melons,	10 00
9 " straw,	81 00	58 bushels beans,	58 00
700 bushels corn,	700 00	1800 " potatoes,	450 00
150 " oats,	75 00	130 " onions,	147 50
130 " rye,	130 00	70 " pease,	75 00
10 " broom seed,	5 00	20 " sweet corn,	25 00
400 pounds broom brush,	32 00	20 " tomatoes,	20 00
14 tons corn fodder,	70 00	Other vegetables,	301 50
800 bushels turnips,	160 00	75 dozen eggs,	15 00
700 " beets,	210 00	7141 gallons milk,	1,438 30
2100 " carrots,	630 00	320 tons ice,	640 00
1200 " mangel-wurzel,	360 00	34 bushels cucumbers,	34 00
3500 heads cabbage,	105 00		<hr/>
80 barrels apples,	100 00		\$6,805 30
8 " cider,	10 00		

TABLE E.

Summary of Board Accounts from Sept. 30, 1859, to Sept. 30, 1860.

	Paid.	Unpaid.	Total.
State,	\$16,873 40	\$6,304 58	\$23,177 98
Town,	2,524 96	2,670 58	5,195 54
Private,	7,398 37	2,076 47	9,474 84
Totals,	\$26,796 73	\$11,051 63	\$37,848 36

TREASURER'S REPORT.

To the Trustees of the State Lunatic Hospital, at Northampton :

The Treasurer respectfully submits the following statement of the receipts and expenditures for the year ending September 30, 1860 :

RECEIPTS.

Balance in hands of treasurer, September 30, 1859,	\$1,431 22
Received for support of patients,	41,128 91
for animals and products of farm, sold,	1,074 94
Sundry receipts,	690 87
Borrowed of banks, and others,	14,311 50
Amount advanced by treasurer, over receipts,	153 28
	<hr/>
	\$58,790 72

PAYMENTS.

Provisions and supplies,	\$27,247 10
On account of farm,	5,644 74
Wages,	9,303 57
Repairs and improvements,	1,105 13
Paid banks and others, borrowed,	12,400 00
Contingencies,	2,046 86
Miscellaneous payments,	1,043 32
	<hr/>
	\$58,790 72

We have examined the within Report and are satisfied that the result arrived at is correct.

WALTER LAFLIN.
S. M. SMITH.
CHARLES ALLEN.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Third State Hospital for the Insane, at Northampton:

GENTLEMEN,—In compliance with the by-laws of the institution, the Superintendent presents his Third Annual Report.

At the close of the last year there were in the hospital two hundred and thirty-three patients, of whom ninety-eight were males, and one hundred and thirty-five were females.

During the present year, one hundred and sixty-seven have been admitted, of whom seventy-three were males, and ninety-four were females. Fifty-five have been discharged, of whom twenty-three were males, and thirty-two were females. Twenty-seven have died, of whom eight were males, and nineteen were females, and three males have eloped, leaving three hundred and fifteen in the institution at the present date, of whom one hundred and thirty-seven are males, and one hundred and seventy-eight are females.

The whole number now remaining under treatment is greater by eighty-two, than at the close of the last year.

Twenty-seven patients have died during the year from the various causes stated in the subjoined table, the greatest number of deaths from any one cause being attributable to the gradual wearing away and final exhaustion of the vital powers in cases of chronic mania and dementia, of which we have so large a proportion.

Of the fifty-five patients discharged during the year, thirty-three had recovered, eighteen were more or less improved, and in four there had been no improvement.

The admissions this year exceed those of the last by seventy-four, while the number discharged is three less than last year.

There are now in the hospital one hundred and seventy-eight female patients, and the part of the building allotted to them is filled, and in some parts rather crowded. Yet the ample and well-ventilated dormitories and corridors prevent the usual bad effects of a crowd, and a remarkable degree of health is always enjoyed. The disproportion between the number of males and of females existing from the opening of the institution, has constantly increased, and the excess in the number of females now reaches forty-one.

Of the cases admitted this year, over sixty per cent. have been suffering from the disease for more than a year, some for many years, and the greater part of them must be considered to have passed the period when treatment can be expected to restore them.

Of the twenty-one admitted this year, the duration of whose disease could not be ascertained, much the greater number present the appearance of chronic disease, and, being State paupers, they will probably become permanent residents. They are principally Irish, and were sent here from the other State institutions, where they had resided for periods varying from a few months to as many years.

Seventeen males and forty females have been received from the crowded hospitals at Worcester and Taunton. From the manner in which they are committed and accompanied to the hospitals, very few facts concerning them and their diseases can be ascertained. This is to be regretted, not only on account of the incomplete histories of individual cases, but also because it renders so defective the statistical tables which might otherwise be of more interest.

TABLE No. 1.

Showing the Number and Sex of all Patients admitted, discharged, died, and remaining.

	Male.	Female.	Total.
Number of patients remaining, Sept. 30, 1859, .	98	135	233
admitted since,	73	94	167
under treatment during the year, .	171	229	400
discharged during the year, . .	26	32	58
died during the year,	8	19	27
remaining September 30, 1860, . .	137	178	315

TABLE No. 2.

Showing the last Residence of all Patients admitted during the year.

COUNTIES.	Male.	Female.	Total.
Hampshire County,	10	15	25
Hampden County,	15	12	27
Franklin County,	9	5	14
Berkshire County,	8	7	15
Middlesex County,	1	1	2
Suffolk County,	3	1	4
Essex County,	1	2	3
Worcester County,	10	11	21
Norfolk County,	7	33	40
Other States,	9	7	16
Totals,	73	94	167

TABLE NO. 3.

Showing the Ages of all admitted during the year.

AGES.	Male.	Female.	Total.
Between 10 and 20,	6	8	14
20 and 30,	19	30	49
30 and 40,	22	24	46
40 and 50,	13	14	27
50 and 60,	7	9	16
60 and 70,	3	6	9
Over 70,	2	2	4
Unknown,	1	1	2
Totals,	73	94	167

TABLE NO. 4.

Showing the Nativity of all Patients admitted.

NATIVITY.	Male.	Female.	Total.
American,	56	45	101
Irish,	14	48	62
German,	2	1	3
African,	1	—	1
Totals,	73	94	167

TABLE No. 5.

Showing the supposed Causes of Insanity.

SUPPOSED CAUSES.	Male.	Female.	Total.
Hereditary,	1	1	2
Ill health,	9	16	25
Death of friends,	—	2	2
Intemperance,	10	3	13
Pecuniary difficulties,	5	1	6
Domestic trouble,	1	3	4
Epilepsy,	6	5	11
Masturbation,	2	—	2
Puerperal,	—	3	3
Religious excitement,	—	1	1
Spiritualism,	—	1	1
Disappointment,	—	3	3
Hard labor,	—	2	2
Hard study,	—	1	1
Old age,	1	—	1
Unknown,	38	50	88
Opium,	—	1	1
Alleged assault,	—	1	1
Totals,	73	94	167

TABLE No. 6.

Showing the Ages at which Insanity appeared.

AGES.						Male.	Female.	Total.
Between 10 and 20,	10	9	19
20 and 30,	17	27	44
30 and 40,	16	22	38
40 and 50,	8	7	15
50 and 60,	6	7	13
60 and 70,	1	1	2
Over 70,	2	1	3
Unknown,	13	20	33
Totals,	73	94	167

TABLE No. 7.

Showing the Duration of the Disease before admission.

DURATION OF THE DISEASE.						Male.	Female.	Total.
Less than 1 year,	24	34	58
From 1 to 2 years,	7	7	14
2 to 5 years,	15	26	41
5 to 10 years,	6	11	17
10 to 15 years,	5	2	7
15 and over,	5	4	9
Unknown,	11	10	21
Totals,	73	94	167

TABLE No. 8.

Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Male.	Female.	Total.
Married,	28	36	64
Widowed,	5	7	12
Single,	40	51	91
Totals,	73	94	167

TABLE No. 9,

Shows the Occupations of the Male Patients.

Farmers, 18	Clerks, 2
Laborers, 20	Cabinet-maker, 1
Students, 5	Gardener, 1
Machinist, 1	Saloon-keeper, 1
Book-keeper, 1	Blacksmith, 1
Shoemakers, 3	Teacher, 1
Clergymen, 2	No business, 4
Merchants, 5	Builder, 1
Sea-captain, 1	Chemist, 1
Tailors, 2	Painter, 1
Stone-mason, 1	Total, 73

TABLE NO. 10.

Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Male.	Female.	Total.
Phthisis,	3	5	8
Maniacal exhaustion,	4	10	14
Apoplexy,	—	1	1
Meningitis,	—	1	1
Peritonitis,	1	—	1
Injury from fall,	—	1	1
Suicide,	1	—	1
Totals,	9	18	27

TABLE NO. 11.

Showing the Proportion of Commitments.

Committed by Judge and Courts,	42
two Justices,	2
Overseers of the Poor,	—
Governor,	—
Alien Commissioners,	61
Friends,	62
Total,	167

TABLE NO. 12.

Showing by whom the Patients will probably be Supported.

Supported by State,	81
Towns,	19
Friends,	67
	167

The experience of the past year affords little to remark upon. Each month and each week and each day brings its own duties, and with very little variation, your frequent visits and examinations, and the monthly reports of the Superintendent, keep you informed upon all points of interest, so that at the close of the year little remains to be said about the affairs of the institution in addition to what has already been communicated. There is also in the class of patients we are called upon to treat, very little which can interest any but those most nearly concerned, and the methods and results of treatment present nothing new, or so different from what prevails elsewhere, as to make any extended notice of them interesting.

By a comparison of the population of the house at the beginning and the close of the year, it will be seen that our numbers have largely increased, and the records show that a large proportion of this increase is composed of State paupers, a little less than fifty per cent. of the admissions being from this class. As they are mostly incurable cases, and of a character that prevents the possibility of their being cared for in an institution of a different character, they will be permanent residents, and as the increase goes on, the institution will partake more and more of the character of a retreat for incurables.

There is, however, also noticeable an increase in the number of those who are supported by their own means; and as the peculiar advantages afforded by this institution become more widely known, this number must still farther increase while we have accommodations of a suitable character to offer them.

It is gratifying to observe that the hospital has been enabled during the year now closed, to dispense its benefits to a larger number of sufferers than ever before, and we have abundant cause of gratitude to the wise Disposer of events, that such good success has attended our efforts; that we have been spared from much that is unpleasant,—that we have seen so many return to health and usefulness, and that the good results of our efforts are constantly increasing.

By the kindness of friends in the adjoining village, we have been furnished with a great number of very pleasant musical entertainments; and these, together with a regular singing school through the winter season, and with exhibitions of various kinds, tableaux and theatrical performances by the patients

and their attendants, have afforded abundant innocent amusement, and pleasantly occupied many of the long winter evenings. Riding and walking, coasting and skating, and various games, amuse and interest those capable of joining in them. Once in three or four weeks a dancing party, in which both sexes are allowed to join, affords a favorite recreation, more popular, perhaps, than any form of amusement in use.

The library has been somewhat increased, both by purchase of books and by donations from benevolent individuals; and, although much smaller than our actual necessities demand, affords much instruction and amusement. The proportion of readers in our population is small, but a considerable variety of matter is desirable for them, and a small annual appropriation for the purchase of books to increase the variety and to replace those which are worn out, is recommended.

A greater variety of games would also be useful. Those, especially, which combine bodily exercise with amusement, as billiards and bowling, would be of great assistance to us, and should be added to those we already have in use.

By the liberality of a friend in New York, a bagatelle board has been placed in one of the halls, and has been a constant source of pleasure.

The religious exercises have continued as usual, consisting of a regular evening service by the Superintendent, and a service on the Sabbath by one of the clergymen of the village. The good results of these exercises are unquestionable. Even those whose minds are not in a condition to appreciate them fully, receive an indirect benefit from the self-restraint necessarily imposed, the change of scene, and the example of quiet and good order.

During the last winter, the heating and ventilating apparatus satisfied all reasonable expectations, and gave a good supply of fresh well-heated air throughout the establishment, with the exception of the extreme wing on the south side, where, in very cold and very windy weather, there is, on account of its exposure to sweeping winds, a greater deficiency of heat than elsewhere.

The farm continues to afford healthful and abundant employment to many of the patients. The greater part of our inmates are common laborers who have no trades, and are, in their

present condition, incapable of learning any; and they find in the cultivation of the various crops employment of a kind suited to their capacity, and healthful in its nature.

Considerable labor has been expended in improving and rendering productive some pieces of wild land, from which large quantities of stone have been taken for the cellar of the new barn. These improvements have added to the value of the land, and will increase from year to year the amount of products.

An appropriation of four thousand dollars was made by the last legislature for the purpose of building a barn, and eighteen hundred dollars for fencing the farm and grounds, which had been entirely unenclosed. It was thought more economical to erect a barn of sufficient size to meet not only the present pressing needs of the institution, but also the prospective demands of the farm, than to build a smaller one now, and add other buildings from time to time, as the development of the resources of the farm might require. The barn is one hundred and four feet in length, and fifty-four in width, having stalls for cattle in the basement, with manure cellar underneath. There are also contained under the same roof, a corn-house, tool-house, slaughter-house, poultry-house, vegetable-cellar, seed-room, and a sleeping-room. The storage capacity is estimated at one hundred and sixty tons, and it will afford sufficient accommodations for many years to come. The erection of the barn supplies a want which has been seriously felt since the opening of the institution, and will greatly facilitate the work of the farm.

The fence is of pickets eight feet high, entirely surrounding the grounds, excepting where they border upon the river. It is substantially built, and will relieve us from much inconvenience we have constantly suffered. Before the erection of the gateway at the front entrance, it is advisable that the hollow on the east side be filled, and the high embankment at the west side be removed, in order to give a better appearance to the ground, and make the approach to the avenue what it should be.

Once in every year there has been a failure in the supply of water for several days at a time, causing, of course, great inconvenience to the whole household, and danger in case of fire. These interruptions were from causes which could not

have been foreseen or guarded against; once it was from accident to the water-wheel which drives the pump, and once from the breaking away of the dam which forms the mill-pond. It was necessary to supply ourselves with water by other means at considerable cost. When, therefore, it became known that the supply would again be interrupted during the dry season of this year, on account of the necessity for further repairs to the water-wheel, your Board directed a steam pump and boiler to be erected near the river. This was accordingly done, and water has been supplied by this means for some weeks. The cost of working the present temporary apparatus, adding interest on the first cost, and something for depreciation and repairs, exceeds somewhat the contract price now paid for the supply, if we leave out of consideration the additional expense of providing for the emergencies mentioned above; but when this latter expense is added, the means now in use will be found more economical of the two. By these considerations the question of a permanent change in the method of supplying water is suggested, and is, perhaps, worthy of consideration. Whatever may be thought of the expediency of incurring the expense necessary to make such a change, our experience in the past shows the propriety of retaining as a supplement, on which we may rely in emergencies like the present, something like the apparatus we are now using. The whole subject is respectfully commended to your careful consideration.

Notwithstanding the strictest economy in the expenditures in every department, the Treasurer's account shows an excess of expenditures over receipts, as was anticipated in the report of last year.

While the rate paid for the support of the State paupers is calculated barely to meet the expense of supporting them in the older and crowded institutions, it will fail to do so here, where the whole number of patients is so much less, and where the relative proportion of State paupers paying the lowest rate of board is greater. We have, then, the alternative of continuing under a debt which will steadily increase until the time when this hospital becomes as densely crowded as the other two, or of asking an additional appropriation to supply the deficiency which each year will show until the institution approaches more nearly in population the condition of those in reference

to whose financial state the present rates for the support of paupers were fixed. The addition, within the last month, of thirty of these patients, raising our numbers to a little over three hundred, will improve our condition in this respect to a certain extent, and if during the coming year a similar or greater increase should be made, and no unusual outlay for repairs be called for, the results will, of course, be better. The quantity of fuel required to heat the building, the increased cost to us of many articles on account of our distance from large markets, and the rather large proportion of attendants made necessary by the peculiar construction of the house, operate to our disadvantage with respect to the cost of support.

To many friends in the town of Northampton we are under obligations, as usual, for various manifestations of kind interest in the institution, and for their endeavors to add in various ways to the comfort and pleasure of the inmates. We are indebted to Mr. Birge and sisters, and to Mr. Sackett, for several delightful musical entertainments; also to Mr. Morris Machol and friends, of the German Singing Club of Florence, for a number of concerts; and to Mr. Dickinson and his friends, of Haydenville, for a very acceptable concert; to Christopher Clarke, Esq., of Northampton for many favors; to J. Hunt Butler, Esq., Samuel Wells, Esq., H. Dikeman, Esq., of Northampton, and Joseph Breck, Esq., of Boston, for flowers and garden plants; and to S. W. Collins, Esq., of Collinsville, Conn., Miss Henrietta Shepard, Silas M. Smith, Esq., Dr. A. W. Thompson, O. A. Skilton, Esq., and E. J. Connell, Esq., for additions to the library; to Dr. Edward Jarvis, of Dorchester, S. M. Smith, Esq., Thomas Boland, Esq., J. S. Lathrop, Esq., S. C. Parsons, Esq., S. G. Field, Esq., Erastus Hopkins, Esq., Dr. Barrett, and J. Hunt Butler, Esq., of Northampton, for pictures; and to John Gardner, Esq., of New York, for a bagatelle board, a collection of minerals, and for bound volumes of the London Illustrated News.

I feel under obligations to Dr. C. K. Bartlett, the able assistant-physician, for the ready and satisfactory manner in which he has performed the duties of his office, and to the other resident officers and those attendants to whose faithful labors so much of the comfort of the patients and so much of our success is due.

I would also here express my thanks to the members of your Board for the constant kindness which has marked our official intercourse, and for the patient consideration and prompt attention always given to the varied interests of the institution.

With devout thankfulness to Divine Providence for His kind protection and the many blessings vouchsafed to the institution in the past, we may humbly hope He will continue to bless our earnest efforts for its future success and welfare.

WM. HENRY PRINCE.

NORTHAMPTON, September 30, 1860.

D I E T T A B L E .

MONDAY.

Breakfast—Coffee, bread and butter, hash, or potatoes.

Dinner—Roast meat and vegetables, bread and butter, rice.

Supper—Tea, bread and butter.

TUESDAY.

Breakfast—Coffee, bread and butter, hash, potatoes.

Dinner—Soup, bread and butter, pudding.

Supper—Tea, bread and butter.

WEDNESDAY.

Breakfast—Coffee, bread and butter, hash, beefsteak.

Dinner—Fresh fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter, gingerbread.

THURSDAY.

Breakfast—Coffee, bread and butter, hash, or meat, potatoes.

Dinner—Corned beef, vegetables, bread and butter, rice.

Supper—Tea, bread and butter. *

FRIDAY.

Breakfast—Coffee, bread and butter, meat, potatoes.

Dinner—Salt fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter.

SATURDAY.

Breakfast—Coffee, bread and butter, hash, potatoes.

Dinner—Baked beans, bread and butter, pudding.

Supper—Tea, bread and butter.

SUNDAY.

Breakfast—Coffee, bread and butter.

Dinner—Cold corned beef, vegetables, bread and butter, pies.

Supper—Tea, bread and butter, gingerbread.

SIXTH ANNUAL REPORT
OF
THE TRUSTEES
OF THE
STATE LUNATIC HOSPITAL
AT NORTHAMPTON.

OCTOBER, 1861.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1861.



Commonwealth of Massachusetts.

SIXTH ANNUAL REPORT

OF THE

TRUSTEES OF THE THIRD HOSPITAL FOR INSANE, AT NORTHAMPTON.

*To His Excellency the Governor of the Commonwealth of
Massachusetts, and the Honorable Council :*

The Trustees of the State Lunatic Hospital, at Northampton, present their Sixth Annual Report.

They submit a statement of its condition, agreeably to the requirements of law, of its general management, and of the improvements made during the past year, and proceed to make such suggestions in reference to such further improvements, as in their judgment will tend to the increased usefulness of the institution, as one of the established charities of the Commonwealth.

On the thirtieth day of September, 1860, the whole number of inmates of the hospital was three hundred and fifteen. The present number is three hundred and thirty-two, showing each year an increasing number of patients. One hundred and twenty-two have been admitted during the past year.

A table, marked A, is appended, showing the number remaining at the end of each month, and the average number to be $316\frac{1}{4}$. The whole number of State paupers supported during

the whole, or a part of the year, is 244, the average number for the whole time, $231\frac{1}{2}$, and the present number 217.

The statistical information relative to the patients admitted the past year, is contained in tables furnished by the Superintendent in his annual report to the Trustees, which is herewith presented.

The statutes require us to exhibit a list of the salaried officers of the institution, and their salaries, which is contained in a table appended to the report of the Superintendent, and marked B.

The financial condition of the hospital, as it appears from the statement of the Treasurer, is as follows :

Due to the hospital from various sources,	\$17,716	90	
Cash on hand,	843	71	
			<hr/> \$18,560 61
Bills against the hospital rendered and			
unpaid,	\$12,950	24	
Estimated amount not rendered,	1,000	00	
Due for money borrowed,	4,062	61	
			<hr/> \$18,012 85

By the above statement it will appear that the resources of the institution are sufficient, if all immediately available, to meet its present liabilities for current expenses.

The bills due the hospital are for the board and clothing of State paupers, and of those committed by towns, at their expense, and of private patients. The State pays its bills for paupers on the first of January and July. The Trustees are required to make up their report to the thirtieth of September, in each year; of course there is a large amount due from the State treasury, except at the times of the semi-annual payments. The bills of patients supported by towns and by friends are payable on the first of April and October. There is delay in the prompt payment, by the State, and by towns and individuals; and this delay, which can never be entirely prevented, makes it necessary to be constantly borrowing money to pay bills as presented, and to pay a large amount of interest during the year.

The expenditures of the past year have considerably exceeded the income, and under existing laws this must continue to be the case. The board of State paupers is fixed at \$2.50 per week; the board of other patients will necessarily be graduated by the price paid by the State.

The salaries of the officers, under a law passed in 1859, are to be paid from the current income of the hospital. Many needed improvements of a permanent character, upon the grounds, will be required for the yet early years of the institution. To bring the expenses within the income, therefore, either improvements must be abandoned, the price of board must be increased, the salaries of officers and other general expenses must be reduced, or the quantity and quality of the food diminished, inferior attendants be employed, who will serve for smaller compensation, and less care and attention be bestowed upon those who are sent here for treatment for the most serious of all diseases, and the hopes of the public be disappointed.

The older hospitals, which have heretofore charged higher prices for the support furnished, and drawn the salaries of their officers from the State treasury, are able now to make a better show of their financial condition than we can.

But if the policy of the State is to charge all the expenses of maintaining the hospital to the hospital itself, and to prescribe the limits of the charges made by the hospital to its inmates, and to pay for any deficiency of income to meet expenses out of the State treasury, then the Trustees are simply the agents of the Commonwealth, to manage the affairs of the institution as well as they are able, and call upon the State to pay the bills.

And we respectfully submit that it is not consistent with the wise and humane policy which caused the establishment of this great public charity, designed for the noble purpose of restoring mental as well as bodily health, to restrict the expenses within the narrowest limits which will sustain animal life; but to furnish, within reasonable bounds, all the means which the experience of the skilful officers of such institutions deem best calculated to be the most beneficial to those committed to their care. A liberal economy is the best economy.

The table appended shows a summary of the board accounts for the past year:

The whole amount charged for State paupers, at

\$2.50 per week, is	\$28,661 07
For private boarders,	12,252 28
For board of persons sent by towns,	5,282 32

Whole amount for board,	\$46,195 67
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Amount charged for clothing furnished State paupers, \$994 67

The diet table annexed to the report of the Superintendent is satisfactory to us. We favor a sufficiency and variety of wholesome food, and discourage equally extravagance or parsimony.

The heating apparatus has been much improved since the last Report, and much more comfort can be realized from a given quantity of fuel, than formerly; still, with so large rooms and halls, there must inevitably be a large expenditure in this department, with the best economy which can possibly be exercised.

Two years ago the legislature made an appropriation for a fence around the farm, of eighteen hundred dollars. This has been principally completed, with the exception of the gate-way, which required considerable grading to prepare for its erection. The whole work, without charge for grading, will be brought within the appropriation.

The legislature also appropriated four thousand dollars for a barn. This estimate was thought sufficiently high, when made, and we intended to bring the expense within the sum appropriated. But it was found necessary, as the work progressed, to lay broader and deeper foundations, to increase the size to accommodate the anticipated increase of stock, to build, in connection with it, a large piggery, and provide for the making of large quantities of manure, under cover; and it was deemed wise to incur the additional expense necessary to procure the best possible conveniences at once, rather than to suffer temporarily, and again apply for aid to complete a work so important to the general purposes of the establishment. The excess of the expense over the appropriation is about two thousand dollars.

The appropriation of four thousand dollars at the last session of the legislature, for the purchase of lands and buildings

adjoining our grounds, and near our buildings, was highly judicious, and the beneficial effects will be constantly felt. All the tenements which we intended to purchase, have been so purchased, and conveyed to the Commonwealth, with the exception of a small lot, at most, valued at one hundred dollars, and which we hope to make an arrangement for at no distant day.

The appropriations of eight hundred dollars for a coal house, and eight hundred dollars for a bowling alley, have been expended for the purposes designed, and will prove valuable appendages to the institution. The subject of providing an abundant supply of pure water, and of being certain of having it at all times, imperatively demands that we should bring it to the early and earnest attention of the legislature. We fully accord with the views of the Superintendent, as stated in his report, which accompanies this Report, in regard to its importance.

The water now and heretofore used is impure, and the regularity of the supply is liable to interruption, from causes beyond our control, and we have almost every year been subjected to very heavy expenses to supply the hospital with water, in addition to the regular annual tax paid under a contract originally made by the Commissioners, for a supply six days in a week, being the best which they could then make, while the question of the completion, or the opening of this third asylum for the insane was warmly debated, and its policy discussed by opposite parties, with great zeal, if not with great bitterness.

But the question of the policy of its establishment is no longer an open question, and we must now deal with it as one of the regular permanent institutions of the Commonwealth, and to be cherished as one of the acknowledged channels of public beneficence.

We cannot properly estimate or describe the necessity or the value of water in such an institution, and it would seem hardly necessary for the Trustees to do more than to make known its wants, in this respect, to ensure the desired legislative action without delay. The security to the property, and the indispensable necessity to health alike require early action to remedy the defects and the constant dangers to which the establishment is liable. Fortunately, a remedy is at hand, and we can avail ourselves of it at a reasonable sum of money.

A spring is found on the hospital farm, which skilful engineers, who have made careful admeasurements in the driest seasons of the year, agree in assuring us will afford us an abundant supply during a greater part of the year, and which can be brought into our tanks in the attic of the building, for about three thousand dollars original outlay. The cost of pumping up the water will be an additional yearly charge.

One of the modes of present supply can be retained as a resort in case of accident to the main source and mode of supply. And probably we might make sure of a permanent, unfailing supply of this prime, vital essential of economy, and security, and health, for a sum, the interest of which would be much less than the sums hitherto unavoidably incurred in procuring water of the inferior quality and uncertain quantity which we have been obliged to use.

The estimated expense is trifling, when compared with the unspeakable importance of the advantages to be secured by it. And if the cost were estimated many times higher than it is, we should feel it our duty to state it to the legislature, and should regard ourselves recreant to our duty as the guardians of so important a State charity if we did not make known its wants fully and frankly, and rely with unwavering confidence in its readiness to grant whatever is made to appear essential to the welfare of the institution; and the Trustees most respectfully and earnestly ask that an appropriation of three thousand dollars may be granted for this purpose.

The Trustees have visited the various parts of the hospital, monthly, according to the by-laws, and bear witness to the neatness of the rooms and halls, the cleanliness of the inmates, and the good order and system which prevail in all its departments.

We have also made diligent inquiries, and given special attention to the general management of the establishment, with a view to ascertain whether any improvements can be made, or any more rigorous system of economy introduced. We can suggest none, beyond what the increasing experience of the Superintendent and his assistants will enable them to make, having in view a judicious use of the pecuniary means at their command, and a wise regard for the best interest of the unfortunate classes of our fellow beings committed to their charge.

We know of no abuses to correct, no frauds to expose, no acts of indiscretion, or passion, or cruelty to mention, by which the inmates have suffered, or the public been injured. And we desire to express our undiminished confidence in the capacity, integrity and fidelity of the Superintendent and his assistants, and their hearty devotion to the welfare of the institution.

We believe that the construction of the buildings, the mode of heating and ventilation, the style of living, the rigid system of enforcing habits of cleanliness, neatness and order, together with the increasing amount and variety of exercise and amusement, afford as many sources of comfort to the inmates as can be reasonably demanded or expected.

Yet we expect that for years to come, at least, the treasury will be called upon to supply increasing wants, and to furnish money to pay necessary expenses, beyond all which is paid for the support of State paupers, or by other classes which resort here for medical treatment or retirement.

And still, we cannot close our Annual Report without expressing our thanks to the legislature for the regard which they have paid to our requests for pecuniary aid, by granting what we have applied for, and our fullest confidence in their readiness to respond cheerfully and promptly to all future reasonable applications, which they are convinced will tend to increase and extend the usefulness of the institution, and to restore to reason, and bodily health and happiness, and return to bless the community, large numbers of unfortunate persons who have formerly been, and who may yet be, useful and influential members of society.

All which is respectfully submitted.

ELIPHALET TRASK,
EDWARD DICKINSON,
S. M. SMITH,
ALFRED R. FIELD,
WALTER LAFLIN,

Trustees.

NORTHAMPTON, October 1, 1861.

TABLE A.

Showing the number of Patients remaining at the end of each Month, from September 30, 1860, to September 30, 1861.

MONTHS.	Males.	Females.	Total.
October 31, 1860,	125	179	304
November 30, 1860,	127	177	304
December 31, 1860,	129	175	304
January 31, 1861,	132	175	307
February 28, 1861,	134	174	308
March 31, 1861,	137	136	313
April 30, 1861,	138	174	312
May 31, 1861,	140	176	316
June 30, 1861,	147	185	332
July 31, 1861,	148	188	336
August 31, 1861,	142	185	327
September 30, 1861,	149	183	332

Average $316\frac{1}{4}$.

TABLE B.

Showing the number of State Paupers remaining at the end of each Month from September 30, 1860, to September 30, 1861.

October 31, 1860,	216
November 30, 1860,	220
December 31, 1860,	223
January 31, 1861,	226
February 28, 1861,	227
March 31, 1861,	229
April 30, 1861,	232
May 31, 1861,	235
June 30, 1861,	240
July 31, 1861,	243
August 31, 1861,	243
September 30, 1861,	244

Average, $231\frac{1}{2}$.

TREASURER'S REPORT.

To the Trustees of the State Lunatic Hospital at Northampton :

The Treasurer respectfully submits the following Statement of the Receipts and Expenditures for the year ending September 30, 1861 :—

RECEIPTS.

Received for board of private boarders, . . .	\$11,033 84
for board of town paupers, . . .	4,782 43
for board of State paupers, . . .	26,442 45
of town paupers, for clothing, . . .	334 41
of private boarders, for clothing, . . .	705 21
of private boarders, for contingencies, . . .	42 02
of private boarders, for advancements, . . .	618 75
of boarders, on sundry other accounts, . . .	130 44
for animals and produce of farm sold, . . .	515 71
for persons employed on farm, provisions, &c.,	126 49
on water construction account, . . .	1,000 00
Borrowed of banks and others,	34,000 00
	\$79,731 75

PAYMENTS.

For provision and supplies, . . .	\$14,850 00
fuel,	5,513 85
gas and oil,	2,088 34
wages and salaries,	9,566 66
furniture,	1,133 32
clothing,	1,333 84
contingencies,	661 83

For repairs,	\$1,219 51	
farm,	2,801 32	
farm stock,	1,278 28	
farm wages,	1,683 75	
house implements,	347 06	
advancements,	698 14	
insurance,	175 00	
alien commissioners,	75 72	
coal house,	700 00	
safe,	150 00	
barn,	1,962 34	
water construction,	963 88	
fence,	68 45	
banks and others, "borrowed,"	29,937 39	
interest,	359 39	
miscellaneous,	1,319 97	
Balance in hands of Treasurer, .	843 71	
	<hr/>	\$79,731 75

WM. HENRY PRINCE, *Treasurer*.

September 30, 1861.

The Committee appointed to examine the financial affairs of the institution report, that they have looked at the books and accounts of the Treasurer, as presented to them by him, and find them satisfactory.

E. DICKINSON,
S. M. SMITH,
ALFRED R. FIELD,
Committee.

October, 1861.

SUPERINTENDENT'S REPORT.

*To the Board of Trustees of the Hospital for the Insane, at
Northampton :*

GENTLEMEN,—In compliance with the by-laws of the institution, the Superintendent presents his fourth annual report :

At the close of the last year, there were in the hospital three hundred and fifteen patients, of whom one hundred and thirty-seven were males, and one hundred and seventy-eight were females.

Since then one hundred and twenty-two have been admitted, of whom seventy are males and fifty-two are females.

Seventy-five patients have been discharged during the year, of whom forty-three are males, and thirty-two are females.

Thirty have died ; of these, fifteen were males and fifteen were females.

There are therefore now remaining under treatment, three hundred and thirty-two. One hundred and forty-nine of these are males, and one hundred and eighty-three are females. The whole number under treatment during the year is four hundred and thirty-seven.

We have now in the hospital seventeen patients more than at the beginning of the year, and during this year the benefits of the institution have been extended to thirty-seven persons more than in the year preceding.

Thirty patients have died during the year now closed, from the various causes stated in table 10. The greatest number of deaths from any one cause has been from tubercular disease of the lungs ; four males and five females having died from this cause. About the same number have died from the slow wasting away which removes so many in the last stages of chronic

dementia. Of these cases we have a very large proportion received from the other hospitals at the opening of this institution. This fact will for several years make our mortality larger than the average in hospitals, and also give an extraordinary proportion of deaths from chronic diseases.

The proportion of patients received during the year now closed, who were supported by their friends, is larger than before, being this year nearly fifty-six per cent. of all admissions, against forty per cent. last year. This class of patients is more the subject of premature removal than the pauper class, partly on account of inability of friends to meet the expenses of protracted treatment, partly from that impatience of delay which is so very troublesome to the physician in the treatment of all chronic diseases, partly from that desire for change of means, and method and climate, and surrounding circumstances, which so frequently, in chronic disease, impels the friends of a patient to "try every thing that can be heard of," in the delusive hope of hurrying those important changes which Nature so kindly and carefully protracts. The effect of these various motives is that many who have what to a physician seems a reasonable chance of recovering perfectly under a faithful perseverance in a proper course of treatment, lose this chance by premature removal to their homes, and instead of becoming useful members of society, are, by the mistaken views of their own friends, condemned to a life of uselessness and suffering. The Superintendents of all hospitals have frequent occasion to regret this action of misguided or mistaken friends, and of seeing the delightful process of restoration suddenly suspended, or painfully protracted by the injudicious interference of those whose great anxiety and impatience seriously impair their judgment.

The usual tables of figures are here presented, defective and deceptive to a considerable extent, from causes referred to in previous reports.

TABLE No. 1,

Showing the Number and Sex of all Patients admitted, discharged, died, and remaining.

	Male.	Female.	Total.
Number of patients September 30, 1860, .	137	178	315
admitted since,	70	52	122
under treatment during the year, .	207	230	437
discharged during the year, . .	43	32	75
died during the year,	15	15	30
remaining September 30, 1861, . .	149	183	332

TABLE No. 2,

Showing the last Residence of all Patients admitted during the year.

COUNTIES.	Male.	Female.	Total.
Hampshire County,	13	5	18
Hampden County,	21	22	43
Franklin County,	6	5	11
Berkshire County,	6	4	10
Middlesex County,	—	—	—
Suffolk County,	2	—	2
Essex County,	1	—	1
Worcester County,	—	1	1
Norfolk County,	1	—	1
Other States,	20	15	35
Totals,	70	52	122

TABLE No. 3,
Showing the Ages of all admitted during the year.

AGES.	Male.	Female.	Total.
Between 10 and 20,	3	6	9
20 and 30,	13	9	22
30 and 40,	24	14	38
40 and 50,	15	10	25
50 and 60,	5	10	15
60 and 70,	6	3	9
Over 70,	4	—	4
Totals,	70	52	122

TABLE No. 4,
Showing the Nativity of all Patients admitted during the year.

	Male.	Female.	Total.
America,	62	39	101
Ireland,	5	12	17
England,	2	1	3
Africa,	1	—	1
Totals,	70	52	122

TABLE No. 5,
Showing the supposed Causes of Insanity.

SUPPOSED CAUSES.	Male.	Female.	Total.
Hereditary,	2	4	6
Ill health,	4	6	10
Acute cold,	—	1	1
Intemperance,	21	2	23
Pecuniary difficulties,	2	—	2
Domestic trouble,	1	—	1
Opium,	—	1	1
Epilepsy,	3	2	5
Masturbation,	6	—	6
Puerperal,	—	6	6
Religious excitement,	—	2	2
Spiritualism,	1	—	1
Hard labor,	—	4	4
Hard study,	1	—	1
Old age,	2	—	2
Unknown,	25	24	49
Paralysis,	1	—	1
Political excitement,	1	—	1
Totals,	70	52	122

TABLE No. 6,
Showing the Ages at which Insanity appeared.

AGES.	Male.	Female.	Total.
Between 10 and 20,	8	6	14
20 and 30,	15	16	31
30 and 40,	23	16	39
40 and 50,	13	7	20
50 and 60,	4	7	11
60 and 70,	4	—	4
Over 70,	3	—	3
Unknown,	—	—	—
Totals,	70	52	122

TABLE No. 7,
Showing the duration of the Disease before admission.

DURATION OF THE DISEASE.	Male.	Female.	Total.
Less than one year,	26	24	50
From 1 to 2 years,	8	5	13
2 to 5 years,	23	6	29
5 to 10 years,	4	3	7
10 to 15 years,	4	7	11
15 and over,	5	4	9
Unknown,	—	3	3
Totals,	70	52	122

TABLE No. 8,
Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Male.	Female.	Total.
Married,	36	16	52
Widowed,	3	10	13
Single,	31	26	57
Totals,	70	52	122

TABLE No. 9,
Shows the Occupation of the Male Patients.

Farmers, 12	Druggist, 1
Laborers, 18	Lawyer, 1
Students, 4	Nurseryman, 1
Machinist, 1	Tinner, 1
Merchants, 9	Mason, 1
Clerks, 3	Printer, 1
Clergymen, 2	Painters, 2
Cabinet makers, 3	Carpenter, 1
Barber, 1	No business, 5
Author, 1	Total, 70
Manufacturers, 2	

TABLE No. 10,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Male.	Female.	Total.
Phthisis,	4	5	9
Apoplexy,	—	1	
Marasmus,	4	4	8
Cancer,	—	1	1
Epilepsy,	2	1	3
Softening of brain,	1	—	1
Typho mania,	—	1	1
General paralysis,	1	—	1
Maniacal exhaustion,	2	—	2
Chronic diarrhœa,	1	—	1
Pneumonia,	—	2	2
Totals,	15	15	30

TABLE No. 11,
Showing the Proportion of Commitments.

Committed by Judge and Courts,	49
two Justices,	8
Overseers of the Poor,	2
Governor,	—
Alien Commissioners,	—
Friends,	63
Total,	122

TABLE No. 12,
Showing by whom the Patients will probably be Supported.

Supported by State,	28
by Towns,	26
by Friends,	68
Total,	122

A few words may be said here, perhaps, with some advantage, of a class of cases for which our Commonwealth, with all her noble liberality, and in her magnificent charity, has thus far failed to make that provision which the claims of the unfortunate in other respects have drawn from her bountiful hand. The subject is brought more prominently into notice at this time, because a much larger proportion of patients than ever before, has this year been admitted to this institution from the class referred to. The fact that patients of this class seek the treatment of an institution of this kind, is not to be received as proof that it is the most suitable place for them, but only that there is nothing better provided for them. And while it must not be considered cause of reproach against our noble Commonwealth, that she has not as yet made more suitable provision for this class of sufferers, we may indulge a reasonable hope that the time is not far distant when blessings shall be daily invoked upon her at firesides not yet reached by the warmth of her noble charity.

My own ideas on this subject are so clearly and so fully expressed by one whose ample experience in hospital management, and whose wide philanthropy and mature judgment give him a claim to be heard, that I prefer to transcribe his words rather than trust so important a subject to any of my own.

Dr. Kirkbride, of the Pennsylvania Hospital for the Insane at Philadelphia, uses the following language in treating of the class of cases to which I refer.

Speaking of the "Provisions for the habitually intemperate," he says: "This subject is one of deep interest to the philanthropist, and is constantly brought to the notice of those who have charge of Hospitals for the Insane, by the frequent applications for the admission of improper cases of this description, by the difficulty which frequently exists in determining whether the individual should be admitted or not, and the earnest appeals for advice in reference to this unfortunate class of persons.

"Although the frequency of intemperance as a direct cause of insanity, may occasionally have been overrated, still the records of this and of most other institutions of a similar character, show conclusively that even in this way, it is a prominent and fearful one, the diseases of no less than 66 out of

663 men who have been received here, being clearly attributable to this cause alone. If we could record all the cases which were produced by it indirectly, by the ill health which it engenders, by the loss of property and of character ; the family difficulties which it excites ; the activity given by it to the worst passions and vices ; the silent grief over long cherished hopes, and the deep mortification of sensitive and refined minds which result from it ; its effects on others besides the victim of the habit : on parents, wives, children and friends, the number to whom intemperance is assigned as a direct cause in our table, would but feebly portray the proportion of those who indirectly, but not less certainly, owe to it their insanity as well as their other sources of permanent sorrow and domestic wretchedness.

“Where real insanity is the result of intemperance, a hospital for the insane is unquestionably the proper place for the victim of this wide spread vice, and when mania-a-potu,—which ought never to be received into an institution for the insane,—terminates in insanity, as it occasionally does, the same destination is then proper for the wretched sufferer, whose case is likely to be of long standing, and the recovery always doubtful.

“An uncontrollable fondness for, and indulgence in, ardent spirits or other stimulants, with the usual results of such a course, are occasionally only symptoms of insanity, coming on in the progress of the case, often in individuals of the most correct habits, who had never before manifested such a propensity, and disappearing as the other symptoms of insanity are removed. In these individuals, of course, this peculiarity offers no reason for interfering with the ordinary disposition of such cases.

“There are, however, other and quite numerous cases of habitual drinkers who are not suitable for a hospital for the insane, but for whom some special provision should be made on their own account, and still more for the sake of their families and friends, and for the peace and quiet of the community.

“One of these classes is composed of individuals whose intemperance leads to acts of outrage against society, and brings grief and terror into quiet families, with ruin to their worldly prospects, but who seem to care little for reformation, and for whose acts insanity cannot be pleaded as an excuse. The seclusion of these persons brings temporary improvement, but

nothing more, and if allowed, they would, for limited periods, be frequently found in our hospitals for the insane, for admission into which they clearly have no just claim.

“The moral effect produced on other patients in the wards, by the presence of such individuals, is almost always unhappy. They cannot legally be detained but for a short period; they are commonly indignant at the restraints which are necessarily imposed on them, and when discharged, they return to their homes only to renew the same scenes of debauchery and outrage. Insane patients object most strongly and reasonably to such associates, and with great justice, protest against disease being placed on a par with vice, and misfortune with wilful debasement, claiming, with truth, that although insanity is a heavy affliction it brings with it no reproach, and its acts sully no one with dishonor.

“There is another class, however, much more numerous, too, than is generally supposed, for whom advice is frequently solicited, and whose cases, on many accounts, are possessed of great interest. They differ, in nearly every respect, from those previously referred to, except an uncontrollable fondness for stimulants, and a moral weakness which prevents their resisting the slightest temptation.

“When not under the influence of the habit they are fully sensible of its enormity, and of the results sure to follow from its circumstances; are anxious to reform, and willing to submit to almost any privation to effect that object. These are frequently persons of high standing in the community, possessed of wealth and every worldly comfort that could be desired. No business or profession is exempt, not even ministers of the Gospel. From the histories given by patients or their friends, it is common to learn that the sufferer is a man of liberal education, ample wealth, surrounded by an affectionate and devoted family, happy in all his domestic relations, and respected in the community, himself a truly benevolent man, active in works of charity, and ever ready to assist the suffering, yet with all this, an uncontrollable fondness for stimulation is destroying every thing, domestic happiness is gone, worldly ruin is impending, impaired health begins to foreshadow the coming destruction of a good constitution, and the future is ever darker than the present.

“Such cases do occasionally enter a hospital for the insane, and their good qualities of head and heart render their presence quite unobjectionable; but there is much in the discipline of such institutions not pleasant to them, and the society they there meet is apt to become tiresome, so that they are likely to leave before their reformation is complete.

“When the pecuniary means of patients are ample, detached cottages, or apartments disconnected with the regular wards, may be advantageously used, and then not under all the circumstances most favorable for a thorough reform.

“A certificate that the applicant for admission is insane, signed by a respectable graduate of medicine, is required here, and, it seems to me, should be everywhere, preparatory to the admission of a patient into a hospital for the insane. This one regulation, of itself, will exclude most of the ‘habitually intemperate,’ and although a few do enter as monomaniacs, the number is comparatively small. Commonly, the stay of these cannot be insisted on for a sufficiently long period, and reformation is rarely the result of the attempt.

“For all these different cases some provision should be made, a retreat provided, where those who are anxious to reform should be surrounded by every influence likely to second their good intentions, and where society would be protected from those who, with little care for the results, are not only ruining themselves, but destroying every good prospect of their families. The detention should be legalized, and not terminated but upon a proper medical or judicial investigation, and not regulated in any respect by the wishes of the patient or his friends.

“Such an institution should be under the direction of a well-educated and judicious physician, who should treat his patients as laboring under disease; and with kindness and firmness, a combination of medical and moral means, there is little doubt that many good citizens would be annually restored to society; and, where permanent reformation was found to be impossible, individuals would be kept from habitual debasement, their families saved from ruin, and society protected from violence and disorder. It is a field for labor worthy of the active benevolence of the age.”

This is perhaps not the best time or place for speaking on this subject, when our country is calling for all the help we can render, and all the pecuniary aid we can spare, but another opportunity may not occur to present the subject, and it may be a long time before the “din of arms” will allow a purely philanthropic claim to be heard; meanwhile the sufferings of a peculiarly unfortunate class of our fellow men and women are unheeded in the general distress which should not harden us against the appeals of specific misfortune.

The thorough supervision practiced by your Board, over the affairs of the institution, and the monthly reports of the Superintendent, make it unnecessary to enter, at this time, upon minute details of our experience for the past year.

The retrospect shows a constant increase of our means of usefulness, and an increasing appreciation on the part of the public, of the advantages offered by the institution.

Our means of amusement have been enlarged by the addition of a bowling alley, containing two boards. An appropriation of eight hundred dollars was made by the last legislature for the purpose, and a substantial brick building has been placed in a convenient spot, containing every thing needed. It will soon be finished and occupied, and add greatly to the health and recreation of those for whom it was designed.

A billiard table was considered such an indispensable article of furniture, that one has been placed in a convenient position, (thus far without cost to the institution or the State,) in the hope that its importance as a means of exercise, health, and amusement, would be acknowledged, and the means of securing so desirable an article be furnished.

Under the general head of amusements may be included the usual games made use of as relaxative, besides walking, fishing, hunting, pic-nics, excursions to points of interest, reading, concerts, dances, &c., all of which serve to vary the monotony of hospital life, and excite new and interesting currents of thought.

The library has been increased somewhat, both by purchase and by donations from friends of the institution or of the patients. New pictures have been added to those which already adorned the walls. A room has been fitted as a reading-room,

and supplied with the daily papers, thus supplying a want long felt and regretted.

The heating and ventilation during the last winter were as successful, to say the least, as in former years. Some alterations in the furnaces have been suggested by accumulating experience, which it is hoped may do something to reduce the consumption of fuel. By some changes in the location of some pipes, and the addition of a separate damper to each fire-box, it is supposed still better effects will be produced.

The last legislature made an appropriation of eight hundred dollars for building a coal-house for the protection of the fuel from the inclemency of the weather, and a saving in the quantity consumed will undoubtedly result. The house is substantially built of brick, and although not sufficiently large to contain the winter's supply, will save much waste.

The subject to which I would most earnestly call your attention, and whose vital importance forbids longer silence, is the supply of water. The great necessity in a hospital for the insane is a *constant and certain supply of pure water*.

When this supply is insufficient or totally suspended, even for a short time, the inconvenience and actual suffering and danger become distressing.

A failure in this respect is the cause of very great inconvenience and irregularity in the laundry, produces a condition of the cess-pools and water-closets the most dangerous to the health of the whole family, and occurring in winter, would produce a suspension in the operations of our steam-heating and ventilating apparatus, which would cause an inconceivable amount of suffering from cold. To this may be added the possible danger from fire, should such a calamity befall us while the water tanks are empty. To this failure we are constantly liable.

To draw attention to this important matter, and to cause the adoption of measures for the perfection of the water supply, it seems hardly necessary to say more, yet it may be well to state some facts. Our supply is now obtained from a small river flowing at the foot of the hill on which the hospital stands. It is raised to the tanks in the attic by contract with the proprietors of a mill, for a specified sum per annum, for a certain number of gallons per day. In this contract Sundays are excepted, and in the case of accident to the driving power, the hospital is to

supply itself as it can. The practical result is, that when the river is full, and all the machinery in good order, the supply is abundant. During the hot and dry season it is often insufficient and irregular, and several times it has been totally suspended. Twice since the hospital was opened it has been necessary to obtain, at great expense, the means of supplying ourselves for many weeks. It will also be remembered that the opening of the institution was delayed some months by the necessity of making extensive repairs upon machinery, over which the hospital has, by the terms of the contract, no control.

Besides this, it has been found necessary to make another contract for a supply on Sunday, at an additional expense, as the tanks do not hold sufficient to meet the wants of two days.

It is safe to say that the institution pays a sum, annually, equal to the interest on ten thousand dollars, for our irregular and insufficient supply of this most important and indispensable of the necessities of life.

I should not feel that I had laid the matter fully before your Board if I omitted to speak of the quality of the water thus scantily, and irregularly and expensively furnished. I have already, at different times, drawn your attention to the color, and I may say the consistency of the article, as it has appeared in the reservoirs. You have found it holding in suspension so much foreign matter as to render it opaque. This matter consists of the natural debris, a rapid stream supplied by many feeders, and flowing through a soil of various composition, always carries with it. To this is added a miscellaneous mass of impurity poured into it by a great variety of manufacturing establishments. The mixture is at times disgusting to the sight and smell, and its effects equally offensive in the laundry and the kitchen. The precipitation of vegetable matter in the large boilers, as you are aware, will probably soon create a necessity for expensive repairs, by the "burning" and "scaling" of the iron where most exposed to the action of the fire.

Having thus stated at some length our deplorable condition with regard to this most important branch of domestic economy, it only remains to suggest a possible remedy, leaving it with your Board to consider the propriety of taking any present action in the matter. There is upon the grounds of the institution a never-failing spring of most excellent water, yielding a quantity

sufficient during the greater part of the year, to supply our daily wants. The practical questions are, How can this water be most economically carried to the tanks? And how can the possible deficiency (which may exist in the drought of summer) be supplied? The committee appointed by your Board has suggested that a pump to be carried by a water-wheel might be erected on the bank of the river, near the point at which the brook formed by the spring empties itself, so that the water of the river may be used when necessary to supply any deficiency of the spring.

It is supposed this could be done for a sum less than one-half of that upon which the institution is now paying annual interest. If this is so, the mere consideration of economy would recommend the change.

To complete the system of water supply in an institution of this kind, there should always be a surplus for emergencies, as of fire, or of failure of machinery. A proper arrangement of underground reservoirs, to be fed by the overflow of the tanks, would give this completeness, if a constant and uninterrupted supply could be furnished as proposed. The importance of this subject claims earnest and early attention, and it is hoped another year will not pass without proper measures being taken for the supply of so urgent a want.

The farm has received the usual care, and the crops have not fallen much below the average of former years. Every year adds to its value as its fertility is increased, and its waste places are made productive. Its capacity of carrying stock has not been great, but as each year adds to its productiveness this difficulty diminishes. The new barn adds much to its facilities in this respect, and each year, it is hoped, will show some increase in productiveness. As a means of exercise and occupation for the inmates the farm is invaluable, and the cost of carrying on its various operations is amply repaid in the increased health and vigor of those whose pleasure it is to assist in its cultivation.

The grounds have been still farther improved by grading and planting, clearing of groves and cutting walks. Delightful walks, of several miles in extent, can now be taken within the enclosure.

The erection of the gateway at the entrance to the grounds, has been postponed on account of the extensive grading necessary, which could not be done economically until the crops were secured and our teams made available for the purpose. The work will now be resumed, and if the season proves favorable, will be completed before winter. The undrawn balance of the appropriation for fencing will suffice to complete the gateway, but would not cover the expense of grading.

The commodious barn, by affording stabling for a greater number of cows, will enable us to produce all the milk needed in the institution, and thus prevent the necessity of purchasing large quantities at the high price heretofore paid.

The usual schedule of the products of the farm on hand, makes a part of the report, and is annexed, marked A.

The schedule of the names of officers and their salaries, is also annexed, marked B.

The schedule of personal property of the Commonwealth in the hospital, with its appraisal, I also annex, marked C.

The schedule of farming implements and farm stock, is appended, marked D.

A diet table is also subjoined.

I also add the form of bond required by the by-laws on the admission of patients, and a copy of the statute concerning the commitment of insane persons to the hospital, containing information often sought by letter.

“In the county of Suffolk any judge of the superior court, and in any other county the judge of the probate court, or if he is sick or absent or there is a vacancy in the office, any judge of the supreme judicial court or superior court, may commit to either of said hospitals any lunatic Indian, or other lunatic person who in his opinion is so furiously mad as to render it manifestly dangerous to the peace and safety of the community that he should be at large.”—*G. S., ch. 73, sect. 8.*

“Any person applying for the commitment of a lunatic under the provisions of the preceding section, shall first give notice in writing to the mayor or one or more of the selectmen of the place where the lunatic resides, of his intention to make such application; and satisfactory evidence that such notice has been given shall be produced to the judge.”—*G. S., ch. 73, sect. 9.*

“When it appears on application in writing to any two justices of the peace, one of whom shall be of the quorum, or to a police court, that a

person having no known settlement within this State is insane, such justices or court shall commit such person to one of the State lunatic hospitals."—*G. S., ch. 73, sect. 19.*

The following are the forms for Physician's Certificate for the application for admission, and the Bond which is to be executed before the order of admission is given.

CERTIFICATE.

I have seen and examined _____ of
and believe _____ to be insane.
M. D.

18

APPLICATION.

I request that the above-named _____ may be admitted
as a patient into the State Lunatic Hospital at Northampton.

18

[This to be signed by a guardian, near relative or friend.]

OBLIGATION.*

In consideration of _____ being admitted a
patient into the State Lunatic Hospital at Northampton, at the request of
_____, we, the undersigned, promise to pay to
the Treasurer of said Hospital _____ dollars
per week, for the board of said patient, so long as _____ may continue a
boarder in said Hospital, to provide or pay for all requisite clothing
or other things necessary or proper for the health and comfort of said
patient, to pay for damages not exceeding fifty dollars, which he may do
to furniture or other property of said Hospital, to pay reasonable
charges in case of elopement, and funeral expenses in case of death, to
remove _____ when discharged, and if removed uncured, against
the advice and consent of the Superintendent, before the expiration of
three calendar months, to pay board for thirteen weeks. Payments
to be made quarterly, with interest on each bill from the time when it
becomes due.

Witness our hands this _____ day of _____ A. D. 18 ____.

ATTEST,

} *Principal.*
} *Surety.*

* This obligation is to be signed by a responsible person satisfactory to the Board of Trustees.

Owing to the peculiar circumstances stated in the Report of
your Board to the legislature last year, viz.: the reduction in

the rate of board of State paupers, and the payment of salaries from our current receipts, it will be found that the hospital is at the present time indebted in an amount greater than that of the bills due from all sources. It seems desirable that our expenses should be kept within our income, to prevent the accumulation of indebtedness and the increase of our interest account, already large. The higher rates to be paid during the year now beginning, for almost every article we consume, will make this a difficult matter at the present rates of board. If the policy of the Commonwealth is to maintain the present rates, it will probably be necessary, before many years, to ask an appropriation to clear off the accumulating indebtedness, unless your Board shall direct some change in the quality or quantity of the supplies furnished the patients. I do not think such a change could be made to any great extent without bad effect on their comfort and perhaps their health, since the few luxuries afforded are of a kind tending to promote health, and the quantity is almost at a minimum.

A considerable amount has been expended in improvements of various kinds, which have added permanent value to the property of the Commonwealth, and it has been found necessary, in order to put the new barn in complete condition to answer all the requirements of the farm, to add somewhat to the amount received of the Commonwealth. As an offset, however, to this expense, there will be received a small sum from the sale of old buildings.

To many friends we are indebted for the kind interest shown in the institution in various ways. We have received presents of trees and shrubs for the garden, from Mr. Justin Sackett, of Springfield, B. K. Bliss, Esq., of Springfield, S. Wells, Esq., and Hon. Charles A. Dewey and others, of Northampton, and many acts of kindness from C. Clarke, Esq., and his musical friends. Our thanks are due the publishers of "The Independent," for a copy of their valuable paper, supplied regularly since the opening of the institution. For this we feel the more grateful, because it is the only paper so supplied. Our thanks are also due to Lyman W. Coe, Esq., of Waterbury, Conn., for the present of a fine clock, and to Hon. Edward Dickinson, of Amherst, Charles Allen, Esq., of Greenfield, and John Gardner, Esq., of New York, for additions to our library.

In conclusion, I would express my thanks to your Board for your valuable counsel and support in the manifold duties of my position, and for the uniform kindness which has lightened my labors.

Dr. C. K. Bartlett continues to perform the laborious duties of Assistant-Physician with great faithfulness and assiduity, and to him and the other resident officers, and to all who have in any way helped, I would here make my acknowledgments.

Mr. F. L. Eldridge, who has diligently and acceptably performed the difficult duties of clerk, retires at the close of the year, and the duty of appointing his successor will claim your early attention.

To Him, without whose help we labor in vain, our gratitude is wholly due for whatever success has attended our labors. Asking His continued favor, we enter on the duties of another year with renewed zeal, and with the hope of making the institution still more useful to the community and satisfactory to its patrons.

WM. HENRY PRINCE, *Superintendent.*

NORTHAMPTON, September 30, 1861.

SCHEDULE A,
Showing a list of Farm Products on hand.

90 tons hay,	\$990 00
12 tons straw,	84 00
350 bushels corn,	227 50
150 bushels oats,	60 00
40 bushels rye,	32 00
600 lbs. broom brush,	36 00
10 tons corn fodder,	40 00
600 bushels turnips,	150 00
150 bushels beets,	75 00
50 bushels mangel wurzel,	125 00
1,164 bushels carrots,	349 20
2,600 heads of cabbage,	104 00
10 barrels apples,	30 00
8 bushels buckwheat,	6 00
4 tons squash,	120 00
15 tons pumpkins,	30 00
12 tons melons,	10 00
6 bushels beans,	12 00
2,000 bushels potatoes,	660 00
200 bushels onions,	150 00
10 bushels seed corn,	10 00
100 lbs. broom seed,	25 00
	<hr/>
	\$3,325 70

SCHEDULE B.
List of Salaried Officers and their Salaries.

William H. Prince, M. D.,	} Superintendent, salary,	\$1,600 00
		Treasurer, salary, 300 00
C. K. Bartlett, Assistant-Physician, salary,		600 00
F. L. Eldridge, Clerk, salary,		500 00
Asa Wright, Farmer, salary,		600 00
George W. Taylor, Engineer, salary,		480 00
		<hr/>
		\$4,080 00

SCHEDULE C.

Inventory of Stock and Supplies on hand, September 30, 1861.

Live stock on the farm,	\$2,225 00
Produce of the farm on hand,	3,325 70
Carriages and agricultural implements,	1,257 00
Machinery and mechanical fixtures,	5,688 00
Beds and bedding in the inmates' department,	7,075 18
Other furniture in the inmates' department,	4,846 12
Personal property of the State in the Superintendent's department,	450 00
Ready-made clothing,	101 67
Dry goods,	189 57
Provisions and groceries,	886 69
Drugs and medicines,	346 00
Fuel, { Coal,	\$5,289 00
{ Wood,	158 00
	<hr/>
	5,447 00
Library, 500 volumes,	300 00
	<hr/>
	\$32,137 93

SCHEDULE D.

Inventory of Stock and Agricultural Implements.

3 horses,	\$500 00	13 manure forks, . . .	\$17 00
8 oxen,	950 00	8 spades,	6 00
2 heifers,	40 00	9 chains,	18 00
5 calves,	50 00	6 bog hoes,	3 00
18 fat hogs,	360 00	4 small chains, . . .	2 00
10 breeding sows, . . .	150 00	8 picks,	4 00
1 boar,	25 00	4 crowbars,	5 50
15 shoats,	75 00	8 wheelbarrows, . . .	8 00
Poultry,	75 00	2 corn shellers, . . .	20 00
		8 ploughs,	40 00
	\$2,225 00	4 harrows,	32 00
		2 cultivators,	8 00
Team wagon,	\$60 00	8 axes,	4 00
2 rack wagons,	65 00	16 hay forks,	8 00
1 extra rack,	10 00	Scythes,	10 00
2 top buggies,	100 00	Carpenters' tools, . . .	40 00
1 top buggy,	25 00	Ice tools,	60 00
1 business wagon, . . .	15 00	Baskets and measures, . .	10 00
1 horse cart,	25 00	Plough pick,	7 00
3 ox carts,	120 00	Seed and corn planters, . .	14 00
2 extra stone bodies, . .	10 00	Hay cutters,	20 00
1 double sled,	35 00	Grain cradles,	6 00
1 single sled,	25 00	Drill and scrapers, . . .	14 00
2 ox sleds,	10 00	Grindstone,	12 00
4 ox yokes,	20 00	3 stone drags,	30 00
11 harnesses,	170 00	1 ox roller,	18 00
11 robe blankets,	40 00	Mowing machine,	90 00
2 horse rakes,	8 00		
27 hand rakes,	6 50		\$1,257 00
24 hoes,	6 00		

DIET TABLE.

MONDAY.

Breakfast—Coffee, bread and butter, hash, or potatoes.

Dinner—Roast meat and vegetables, bread and butter, rice.

Supper—Tea, bread and butter.

TUESDAY.

Breakfast—Coffee, bread and butter, hash, potatoes,

Dinner—Soup, bread and butter, pudding.

Supper—Tea, bread and butter.

WEDNESDAY.

Breakfast—Coffee, bread and butter, hash, beefsteak.

Dinner—Fresh fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter.

THURSDAY.

Breakfast—Coffee, bread and butter, hash or meat, potatoes.

Dinner—Corned beef, vegetables, bread and butter, rice.

Supper—Tea, bread and butter.

FRIDAY.

Breakfast—Coffee, bread and butter, meat, potatoes.

Dinner—Salt fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter.

SATURDAY.

Breakfast—Coffee, bread and butter, hash, potatoes.

Dinner—Baked beans, bread and butter, pudding.

Supper—Tea, bread and butter.

SUNDAY.

Breakfast—Coffee, bread and butter.

Dinner—Cold corned beef, vegetables, bread and butter, pies.

Supper—Tea, bread and butter, gingerbread.

SEVENTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT NORTHAMPTON.

OCTOBER, 1862.

BOSTON:

WRIGHT & POTTER, STATE PRINTERS,

No. 4 SPRING LANE.

1862.



Commonwealth of Massachusetts.

SEVENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

*To His Excellency the Governor of the Commonwealth of
Massachusetts, and the Honorable Council :*

The Trustees of the Northampton Lunatic Hospital present their Seventh Annual Report.

They are required, by law, to submit a statement of its condition, and they proceed to make as concise and clear an exhibition of its policy and conduct during the past year, as they can, and to make such suggestions as to future management as their experience enables them to make, with any changes which, in their opinion, will tend to promote and increase the usefulness of the institution.

On the thirtieth day of September, 1862, the whole number of inmates of the hospital was three hundred and thirty-two, the same number as on the thirtieth of September, 1861. One hundred and twelve have been admitted during the past year, ten less than the year before.

A table, marked A, is appended, showing the number remaining at the end of each month, and the average number to be $319\frac{3}{4}$. The average number for the year being $3\frac{1}{4}$ larger than the average number for the previous year. The whole number of State paupers supported for the whole or a part of the year

is 311. The highest number in any one month, 274, and the average for the year, $250\frac{3}{4}$.

The statistical information relative to the patients admitted during the past year is contained in tables embraced in the report of the Superintendent to the Trustees, which is herewith presented.

The statute requires us to exhibit a list of the salaried officers of the hospital, and the amount of their respective salaries, which is contained in a table appended to the report of the Superintendent, and marked B.

The financial condition of the institution, as it appears from the Treasurer's Report, is as follows :

Cash on hand, as by last Report, .	\$843 11	
Cash borrowed during the year, .	40,761 84	
Received from all other sources, .	53,120 41	
	<hr/>	\$94,725 36

Cash paid for borrowed money, .	\$35,000 00	
Cash paid all other bills and expenses,		
including salaries of officers, .	59,057 36	
Cash on hand, September 30, 1862, .	668 00	
	<hr/>	\$94,725 36

By this it will appear that it has for the past year been self-supporting, including the payment of the salaries of all the officers.

And it is a source of gratitude, as well as of gratification, that with the ordinary necessary improvements made in and about the buildings, and the furniture, and on the farm, and in the more tasteful and ornamental department of increasing and extending the walks about the grounds, and the enlarging and embellishing of the flower gardens, we have been enabled to meet the expenses without resort to the State treasury, and all this without any retrenchment in the amount or quality of the provisions for the supply of all the reasonable wants of the inmates. We cannot give assurance that we shall be able to do so well, pecuniarily, another year, and yet no effort will be spared which promises to unite a vigorous system of economy

with a due regard to the physical and mental improvement of all who resort here for curative treatment.

The whole amount received for the board of State

paupers the past year, is	\$29,185 30
For the board of town paupers,	5,763 84
For the board of private boarders,	13,159 16

A diet table is annexed, which is satisfactory to us. We hear no complaint of the mode of living.

Improvements are annually made in the heating apparatus which promote economy and comfort, and the cooking range, including the boilers and all the utensils connected with the preparation of the food, will require, during the year to come, very thorough repairs, if not to a great extent, a renewal.

In our last Annual Report, we stated the impurity of the water, which we were obliged to use from a mill stream, the frequent failures of a sufficient supply, the expense often incurred by reason of defective machinery or breach in the reservoir, and the danger to the health of the inmates of the hospital, as well as of the destruction of the property by fire, and earnestly prayed the legislature, by petition, for an appropriation of three thousand dollars, for the purpose of supplying the institution with pure water, from springs on the farm; and we desire to express our thanks to the legislature for the promptness and enlightened liberality with which they responded to our petition, and to assure them that the work of introducing the water into the tanks in the attics of the buildings is in a good state of forwardness, and is expected to be completed in the course of a few weeks.

The preparation of the ground around the spring justifies our most sanguine expectations of an abundant and permanent supply of the purest water for all the present and prospective wants of the hospital, and that we shall be able to accomplish the work within the limits of the legislative grant.

The Trustees have endeavored to exercise a watchful and faithful supervision of the establishment, in all its departments. They have visited the rooms and halls, not only at their regular

monthly meetings, but a week seldom passes without a call from one or more of their number.

We have adopted by-laws which require such attention to all branches of the business, and of the wants of all classes of persons placed here for improvement, as will secure the greatest success, and have made diligent inquiry as to the fidelity and competency of all who are entrusted with the performance of any assigned duty.

We find the whole institution cleanly, well warmed, and ventilated, and an air of order, system, and comfort, everywhere prevailing. The attendants are intelligent, considerate, and kind, and an abundant supply and variety of wholesome food is ever regularly provided.

The Superintendent, in his report, makes very valuable suggestions, relative to the importance of efforts to introduce a more varied system of labor, and to instruct those on the lower strata of weakened intellect in some of the useful departments of labor.

This subject is now attracting the attention of scientific, learned, skilful, and long-experienced superintendents of lunatic hospitals, and of medical gentlemen of the highest rank in their profession, both in this country and Europe.

He also attaches great importance, and makes it prominent in his report, to the fact that of the cases of cure effected at the hospital by fever, the larger portion occur amongst those who become inmates at an early period, after the symptoms of insanity are first developed, and recommends as early a resort as possible to the asylum in such cases. And why are not mental, as well as bodily diseases, more readily and more successfully prevented, or controlled, or cured, before they become permanently seated?

It is undoubtedly true, as a general remark, that when symptoms of mental derangement first manifest themselves, the friends of the sufferer shrink from exposure of public observation, and apprehend that the admission to a lunatic hospital is an admission that the patient's mind is disordered, and that he will thereafter, even if apparently perfectly restored, be less entitled to confidence and trust, his judgment be less reliable, and his future usefulness be consequently abridged. It may

relieve all such to be informed that a much larger proportion of those suffering from mental diseases are cured, than of those affected by bodily diseases.

This erroneous view can only be corrected by enlightening and educating the public mind, and impressing the true idea that minds disordered may be restored to health and soundness, as well as diseased bodies, by proper, and timely, and skilful treatment, especially when we consider that mental is so often the result of physical derangement, and caused by sympathy between these two elements of our organization.

Other important topics suggested by the experience and observation of the Superintendent, are embraced in his report, upon which we do not deem it necessary to remark, except to express our approbation of his views, and to direct attention to them.

The exercise in the bowling alleys, and the variety of entertainments and amusements derived by those in charge, tend powerfully to divert the minds of the inmates from brooding over their own troubles, and to enlist their sympathies in behalf of their companions and associates.

We can only say, in closing this Report, that from the most careful personal observation and examination, and the most diligent inquiries into the whole management of the institution in all its departments, we have reason to express our satisfaction, and confidently recommend it to the favor of the public, and assure all who are sent here for treatment, that they will find skill, care, kindness, and sympathy united, in earnest efforts to promote their comfort, and restore health and reason.

We renew the expression of our confidence in the Superintendent, and all associated with him, in the government and management of the hospital, and of our approbation of their administration of its affairs.

And we desire again to acknowledge, with great satisfaction, our obligations to the executive and legislative departments of the State government, for the confidence reposed in us, and for the ready and cheerful response to an application for money, to enable us to obtain a most essential necessity, an unfailing supply of pure water, at a time when the treasury seemed to require all its resources to meet the expenses of the war, and

thus to add greatly to the means of preserving the public property, and increasing the power of promoting the health, and comfort, and security of all who may avail themselves of the advantages of this increasingly useful charitable institution.

All which is respectfully submitted.

ELIPHALET TRASK,
ALFRED R. FIELD,
S. M. SMITH,
WALTER LAFLIN,
EDWARD DICKINSON,

Trustees.

NORTHAMPTON, October 1, 1862.

TABLE A.

*Showing the number of Patients remaining at the end of each Month
from September 30, 1861, to September 30, 1862.*

MONTHS.	Males.	Females.	Total.
October 31, 1861,	149	176	325
November 30, 1861,	141	176	317
December 31, 1861,	138	175	313
January 31, 1862,	137	176	313
February 28, 1862,	136	173	309
March 31, 1862,	134	172	306
April 30, 1862,	134	171	305
May 31, 1862,	136	173	309
June 30, 1862,	142	189	331
July 31, 1862,	146	191	337
August 31, 1862,	150	190	340
September 30, 1862,	147	185	332

Average $319\frac{3}{4}$.

TREASURER'S REPORT.

To the Trustees of the Northampton Lunatic Hospital :

The Treasurer respectfully submits the following Statement of the Receipts and Expenditures for the year ending September 30, 1862 :

RECEIPTS.

Received for board of private boarders, . . .	\$13,159 16
for board of town paupers, . . .	5,763 84
for board of State paupers, . . .	29,185 30
of town paupers for clothing, . . .	335 25
of private boarders for clothing, . . .	731 02
of private boarders for contingencies, . . .	558 37
of private boarders for advancements, . . .	784 29
of boarders on sundry other accounts, . . .	175 18
for animals and produce of farm sold, . . .	753 69
for persons employed on farm, provisions, &c., . . .	73 71
for appropriation, . . .	1,600 00
Borrowed of banks and others, . . .	40,761 84
Balance in Treasurer's hands, Sept. 30, 1861, . . .	843 71
	<hr/>
	\$94,725 36

PAYMENTS.

For provisions and supplies, . . .	\$17,233 32
fuel, . . .	7,615 38
gas and oil, . . .	2,740 20
wages and salaries, . . .	11,661 87
furniture, . . .	1,624 38

For dry goods and clothing, . . .	\$3,293 18	
contingencies,	2,338 61	
repairs,	2,368 24	
farm,	2,626 51	
farm stock,	1,024 56	
farm wages,	1,927 68	
improvements,	175 73	
advancements,	770 88	
appropriation,	1,600 00	
banks and others (borrowed,) .	35,000 00	
miscellaneous,	2,056 65	
Balance in hands of Treasurer, .	668 17	
	<hr/>	\$94,725 36

WM. HENRY PRINCE, *Treasurer*.

September 30, 1862.

The Committee appointed to examine the financial affairs of the institution report that they have looked at the books and accounts of the Treasurer, as presented to them by him, and find them satisfactory.

E. TRASK.
S. M. SMITH.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Northampton Lunatic Hospital :

GENTLEMEN,—In compliance with the by-laws of the institution, and the statutes of the Commonwealth, the Superintendent respectfully presents his annual report.

The year now closed has been one of continued prosperity to the institution, and of consequent gratification to its officers.

By the blessing of Providence, we have been spared all serious accident and calamity; an extraordinary exemption from sickness has been vouchsafed to us, and a degree of success, which call for the deepest gratitude.

At the close of the last year there were in the hospital three hundred and thirty-two patients, of whom one hundred and forty-nine were males, and one hundred and eighty-three were females.

Since then, one hundred and twelve have been admitted, of whom sixty-four were males, and forty-eight were females.

Ninety-four patients have been discharged during the year, of whom fifty-seven were males, and thirty-seven females.

Eighteen have died, the number of males and females being equal.

There are now remaining under treatment three hundred and thirty-two. One hundred and forty-seven of these are males, and one hundred and eighty-five are females.

The whole number under treatment during the year is four hundred and forty-four.

The whole number now remaining is three hundred and thirty-two, the same as last year at this time.

Eighteen patients have died during the year. The table of "causes of death" shows the same number by "consumption"

and “marasmus,” which term is used to designate that slow but sure process of decay and wasting which relieves from suffering so many cases of chronic dementia. The proportion of deaths is small, being twelve less than last year.

There has been a remarkable degree of health, and an entire absence of epidemic disease.

Among those discharged this year there has been a larger proportion than usual of

PREMATURE REMOVALS.

Many of our patients have been removed this year without having continued under treatment long enough to receive much benefit. In some cases there has been the plea of inability of friends to support the patient longer, even at the low rate charged; and many of these patients have, no doubt, in consequence, been condemned to a life of uselessness and suffering. Others have been removed from motives of mistaken economy, to be placed where a flickering vitality can be maintained at a rate lower than that paid by our Irish day-laborers in the meanest shanty on a railroad cut. There are, undoubtedly, cases in which poverty is imperative, and pride equally so—friends are unable to spare the means required to keep a patient at a hospital, and are unwilling to ask that assistance which the law allows. In cases where the disease is permanent, and nothing can be gained by longer residence in a hospital except the greater comfort of the patient and his family, there is a fair weighing of comfort against money, and, from the frequency of the operation in this life, the balance is soon struck. Gold is of the heaviest, and comfort of the lightest of luxuries. One can be resigned without a murmur, the other only with a groan. One flies at the bidding of many a reasonable pretext, the other only creeps by command of dire necessity. The one is a fleeting luxury, by no means indispensable, the other the permanent and solid representative of all possible worldly goods. The choice then is not difficult. There is a sacrifice of a natural feeling—a gratification of another natural feeling, and the struggle is ended that time. Too often only for that time. The patient removed from hospital treatment to his home, and consigned to the well meant but often injudicious care of his friends, often becomes more and more troublesome. He thinks

he has a right to demand of his own kin that gratification of all his whims and insane demands he would not expect from strangers. He bears refusal with impatience. He mourns the filial disobedience that will not obey his wild commands. He resents with tears what seems to him the impertinent opposition of a favorite daughter to his constantly recurring whims. The wife of his youth, warmed in his bosom, turns a viper's tooth upon him, and the poison of supplanted affection, of conjugal infidelity, of love grown cold, rankles or freezes in his heart. These delusions are facts to him, and he is constantly wounded in his tenderest feelings—his soul harrowed by the enormity of the offences committed against him by those who should respect and love. His family is fiendish—his home a hell. It is seldom that a patient laboring under this disease can be as comfortable at home as at an institution properly provided and conducted. It is the nature of the disease to pervert actions—to distort motives—to distrust professions—to suspect intentions, and to expect all manner of indulgence. Reason in abeyance, man becomes the creature of impulse, emotion, passion—susceptible to influences *which it is difficult for us, in the enjoyment of our reason, to appreciate*. Rare and subtle breathings from another sphere float over his diseased brain. His imagination, working by disordered organs, conjures strange fancies. Visions of things terrestrial and things celestial, of things present and things to come, things temporal and things eternal, rush with more than lightning rapidity from his teeming brain. Time and space are to him no more. The common relations of things are ignored. No perplexity puzzles—no danger daunts—no scruple staggers—no experience explains—no conception convinces. The chain of reasoning that can bind to a conclusion has not been forged. His world is not ours. All seems loose and shifting. The solid ground of what *we* call fact, and on which we stand, seems to have floated from under him, and left him suspended, the sport of airy powers. Like a balloon cast loose, he is off, and mortal power may vainly strive to follow. Where is the family circle that can offer a fitting home to one in this condition? Where is the skilled eye to see—the judicious hand to relieve—where the peace—where the comfort? Affection may lavish its riches—devotion may shame the martyrs—the midnight lamp may pale the watcher's cheek. One after another the

most affectionate nurses will fail—fatigued, disheartened, wounded, worn—they desist, and their cherished friend is returned to his proper home. The hospital receives him again sooner or later—too often later—too often too late. At the time of his removal, a few short months—short to him though long to his (must we say *selfish*) friends, would have completed his recovery, and returned him to his family and the world a useful man. But now he is stranded—a mere wreck—a monument to dead hopes—his only value, that he is still an object around which the affections, though with a deadly parasitical hug, may still cluster. We treat our animals and our implements more rationally. Is the horse sick? Send him to the best veterinary surgeon, and give him a rest in the cool pasture, out of sight and hearing of work; relieve him from all possible wear and tear. Is the watch out of order? If dearly bought and highly prized, do we hug it to our ignorant hearts, and pry, with wondering eyes and clumsy fingers, into the delicate intricacies of its internal economy? In exact proportion to its value is the care with which we refrain from doing this thing. It must be committed to skilful hands; none but an adept can readjust the disordered parts. It must go to the hospital; its derangement can only there be remedied. One can hardly imagine the folly that would keep it at home, in the hope that it would some day shake itself all right. And notwithstanding our impatience and inconvenience, we leave it until the skilled workman assures us it is again ready to work, and we can safely take it away. Why should we treat a valued relative with less consideration? Such audacious faith in the recuperative powers of nature—such stupid and culpable neglect to use the means Providence puts in our hands, can be justified neither by experience, nor by any just estimate of our responsibilities as in the presence of Him to whom we must render a strict account of the few talents committed to us.

Not only is permanent and vital injury often done to patients themselves by premature removal from the salutary restraints of a hospital, but there are other consequences not less unpleasant, involving great injustice toward the institution in which they have been placed, at a time when disease had not removed all possibility of feeling. Few patients go away from home, among strangers, to a hospital voluntarily. There is always

more or less coercion. When one leaves the hospital before he is cured, he rarely fails to connect all the disagreeable circumstances of his illness, as far as memory, and often as far as his imagination serves him, with those who have *last* exercised control over him. His perceptions are not clear, things appear to him as they are not—he misinterprets what is said and done. Not acknowledging his diseased condition, he feels aggrieved; he has been defrauded, deprived of his rights; abused, injured, neglected, starved, beaten, drowned, smothered, smoked, hung, confined, kicked out, scalded and frozen; and if there is any other indignity to be offered a man, he it is who has drained the cup to the dregs. This impression seldom wears entirely away, although recovery may take place. In some cases it does, but in many, the recollection of pure fancies as realities is never corrected. Fact and fiction have been so blended, that it has become impossible to separate them. Attention being a principal element in memory, those circumstances on which the attention is most closely fastened are most firmly retained. The things most disagreeable to us most strongly attract the attention, and are consequently best remembered. All his principal fancies are well remembered facts, closely associated with his present.

The contrast is very striking between these cases and those in which the cure has been complete before removal. When the delightful consciousness of returning reason—the new birth, we may almost say, of the soul has taken place within the walls of his temporary home, all connected with it is delightful. He leaves it with a real regret. After leaving it, he has often a feeling of home-sickness—a longing for its quiet, and for the feeling of security he left behind; and he revisits it, drawn by the same fond feeling which attracts us all to the place of our birth—to the place where our consciousness first awoke—where every tree and stone, and every rail in the fence is glorified by a halo of delightful associations. It is cruel to deprive him of this, one of our highest delights. It is unjust to an institution thus to subject it to misconception.

So much needed not, perhaps, to be said. But the subject is important in both aspects, and these remarks may possibly meet the eye of some who may profit by them. If they should

be the means of giving to one sufferer an additional chance of recovery, it is enough.

The usual imperfect statistical tables are here given.

TABLE NO. 1,

Showing the Number and Sex of all Patients admitted, discharged, died, and remaining.

	Males.	Females.	Total.
Number of patients September 30, 1861, .	149	183	332
admitted since,	64	48	112
under treatment during the year, .	213	231	444
discharged during the year, . .	57	37	94
died during the year,	9	9	18
remaining September 30, 1862, . .	147	185	332

TABLE NO. 2,

Showing the last Residence of all Patients admitted during the year.

COUNTIES.	Males.	Females.	Total.
Hampshire County,	9	10	19
Hampden County,	14	9	23
Franklin County,	7	1	8
Berkshire County,	6	1	7
Middlesex County,	2	1	3
Essex County,	1	—	1
Norfolk County,	3	3	6
Bristol County,	14	20	34
Other States,	8	3	11
Totals,	64	48	112

TABLE No. 3,

Showing the Ages of all admitted during the year.

	Males.	Females.	Total.
Between 10 and 20,	3	1	4
20 and 30,	12	7	19
30 and 40,	16	14	30
40 and 50,	20	17	37
50 and 60,	8	4	12
60 and 70,	3	3	6
Over 70,	2	2	4
Totals,	64	48	112

TABLE No. 4,

Showing the Nativity of all Patients admitted during the year.

	Males.	Females.	Total.
America,	39	14	53
Ireland,	21	30	51
England,	1	1	2
Scotland,	1	1	2
Canada,	2	2	4
Totals,	64	48	112

TABLE No. 5,

Showing the supposed Causes of Insanity.

SUPPOSED CAUSES.	Males.	Females.	Total.
Hereditary,	3	4	7
Ill health,	5	6	11
Intemperance,	11	4	15
Pecuniary difficulties,	2	1	3
Domestic trouble,	1	4	5
Opium,	1	—	1
Epilepsy,	2	—	2
Masturbation,	4	—	4
Puerperal,	—	2	2
War excitement,	1	—	1
Millerism,	1	—	1
Apoplexy,	1	—	1
Jealousy,	—	2	2
Deafness,	—	1	1
Over work,	1	—	1
Venereal excess,	1	—	1
Unknown,	30	24	54
Totals,	64	48	112

TABLE No. 6,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20,	11	2	13
20 and 30,	12	15	27
30 and 40,	20	18	38
40 and 50,	15	8	23
50 and 60,	4	1	5
60 and 70,	1	2	3
Over 70,	1	2	3
Totals,	64	48	112

TABLE No. 7,
Showing the duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	18	12	30
From 1 to 2 years,	10	4	14
2 to 5 years,	7	8	15
5 to 10 years,	10	11	21
10 to 15 years,	12	5	17
15 and over,	7	8	15
Totals,	64	48	112

TABLE No. 8,

Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Males.	Females.	Total.
Married,	27	22	49
Widowed,	4	11	15
Single,	33	15	48
Totals,	64	48	112

TABLE No. 9,

Showing the Occupation of the Male Patients.

Farmers, 10	Stable keeper, 1
Machinist, 1	Stone mason, 1
Blacksmith, 1	Brick mason, 1
Clerks, 2	Student, 1
Physician, 1	Author, 1
Merchant, 1	No business, 3
Shoemaker, 1	Laborers, 29
Tailor, 1	Unknown, 7
Minister, 1	Total, 64
Broker, 1	

TABLE No. 10,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Marasmus,	3	2	5
Phthisis,	—	5	5
Epilepsy,	1	1	2
Apoplexy,	—	1	1
General paralysis,	2	—	2
Maniacal exhaustion,	1	—	1
Suicide,	2	—	2
Totals,	9	9	18

TABLE No. 11,
Showing the Proportion of Commitments.

Committed by Judge and Courts,	26
two Justices,	3
Overseers of Poor,	7
Governor,	40
Alien Commissioners,	3
Friends,	33
Total,	112

TABLE No. 12,
Showing by whom the Patients will probably be supported.

Supported by State,	59
by Town,	19
by Friends,	34
Total,	112

Of the three hundred and thirty-two patients now in the hospital, two hundred and twenty are foreigners, mostly Irish, and but very few are recent cases. The great majority of them are cases of chronic dementia, most of them from the other hospitals in this State, and they had probably passed that stage of the disease in which any relief was to be expected from remedial treatment, long before they became inmates of this institution.

The ultimate disposition of this class of patients must before many years become a question quite interesting, both from a humanitarian and an economical point of view. Their rapid increase, during the last ten or fifteen years, would seem to indicate that the accommodations at present afforded by the Commonwealth, will soon be entirely insufficient to meet the demands of this unfortunate class. The already enormous expense of supporting so large a number of insane foreign paupers would cause our tax payers to receive with great disfavor any proposition to increase the number of institutions or to increase at any considerable expense the accommodations now existing. And yet, before the lapse of many years, something will be required, and perhaps a judicious system of *colonization*, as practiced in some European countries, may be found equally beneficial to the patient and the treasury of the Commonwealth. That these patients are not entirely unproductive, as a class, the industrial statistics of some institutions clearly show. The amount of labor performed in some of these, if the figures are reliable, is quite remarkable, and strongly suggestive of the idea that, by proper selection of cases, proper care and superintendence, in suitable localities, *under a suitable system of general supervision*, much might be done to develop a latent element of profit by fanning into life the now dormant and fading spark of usefulness in these truly pitiable sons and daughters of misfortune. A few trials, entirely experimental, made during the year now closed, lead to the belief that much good, with little risk, would result from a carefully conducted series of experiments in this direction under suitable skilful supervision. And I am inclined to the belief that the Commonwealth could be relieved of a considerable proportion of the expense of supporting these insatiable claimants of her bounty, if some proper plan could be adopted of utilizing the now wasted and expensive remnants of productive industry represented by this large class

of demented foreign paupers. The figures given in many hospital reports, show that already much is done in this direction within the walls of these institutions, and it is a question well worth considering whether the materials for an industrial establishment, with some considerable range of occupation, and the power of placing out at various service suitable cases, could not be selected from the accumulating mass of human debris which now encumbers and impedes the legitimate operation of our present system of public charity.

It may be urged, in answer, that each institution now in operation should be expected to make available all the productive power within its walls. But one easily sees that while the judicious employment of labor as a means of restoration to health, or a means of preserving the remains of health, is within the proper scope of such an institution, it would be an entire perversion of its beneficent powers to convert it to any extent into an industrial organization. This is not the proper place to discuss the question whether the fiat "in the sweat of his brow shall man," &c., pronounced so long ago, was a blessing or a curse. All will acknowledge the fact that, by a law of his nature, man seeks immunity from labor and exertion, and that one of the richest promises from above is the "*rest* that remaineth." Although the first and most extensive in its operation of all the stimuli to exertion, is the supply of our daily wants,—the satisfaction of our mere animal necessities,—the more powerful and most fruitful of results are those addressed to our moral and intellectual nature. When disease throws the shadow of eclipse across this side an immortal soul, it is only on the side of the animal instincts we look for undiminished heat and lustre. The paralyzed body gives no response to accustomed stimulus. The hemiplegic soul has no answer for the ordinary calls to exertion. Our patients, thanks to the noble charity of our Commonwealth, have their natural wants supplied without any exertion of their own. And now the principal incitements to labor are removed, and it is only by a persevering and systematic effort—how persevering and how often discouraging we all know—that one in this condition is induced—almost driven—to exert himself, again and again, until slowly and with great difficulty a *habit* of labor grows up. The *induction* of this habit may possibly be within the proper

scope of a hospital for the cure of insanity, but certainly its farther development, and its leading on to profitable pecuniary results does not. In the hospital let us have labor hygienic but not necessarily profitable. Let it cure, if it may; but in the name of humanity, do not oblige it to be profitable. Let it soothe and heal and amuse if it can, but let us look elsewhere for its profits. Few superintendents can spare from other pressing and higher duties the time and attention necessary to give any hope of success in industrial occupations in their hospitals.

May I not venture to say, without incurring the charge of proposing any utopian scheme, that an experimental institution such as is here hinted at, might legitimately and appropriately find in its kindly bosom a fit resting place for many of those truly unfortunate, and too often unjustly censured, because diseased, sufferers—the *possessed with the demon of intemperance*. Here could best be supplied that first and greatest need—that indispensable condition of radical cure, constant, systematic, and congenial employment. Here the mild but firm restraint so necessary—here the kind consideration for weakness—the charitable construction of motives—the appreciation of manly struggle so seldom accorded by the world, but without which no cure is possible, and relapse from temporary relief almost certain—here also that persevering and hopeful patience which “seventy times seven times” cannot discourage or disturb, could find a legitimate and hopeful sphere.

In my report of last year, I took occasion to refer to the wants of this class of unfortunate men *and women*, and to express the hope that their necessities and those still more dire of their families, might not be neglected in the rush and turmoil of the times. Drinking and fighting are equally the results of organization. It is just as natural for one man to drink to intoxication, especially if he inherits a predisposition to it, as it is for another man to fight. We are all inclined to fight on sufficient provocation, and we all have a favorite beverage—unfortunately not always innocent. Indulgence of both these natural appetites seems to place those who yield to either temptation in the same category before Him who has assigned the penalty to him “who says to his brother ‘thou fool.’” We care tenderly and properly for the victims who yield to the one temptation, and turn coldly from those who do not withstand the

other. Certainly none demand more tender care than those who offer life or limb on the altar of duty. At the same time none deserve more pity, or require more instant help, than those who offer not only life and limb but the immortal soul itself, with all its glorious possibilities, a sacrifice to the moloch of intemperance. One sees the dying soldier going, with exultation in his closing eye, to receive his reward, and feels that he who dies for his country dies well. But no one can look upon the horrible wasting away of a drunkard's *soul*, as one by one its powers are drowned out,—the eye of conscience finally closing to all perception of light,—with any feeling but one of awful commiseration, and of horror at the infinite capability of suffering with which it is indued.

FARM AND GARDEN.

The farm continues productive, and its increased fruitfulness is evidence of the excellent management of Mr. Wright, who has conducted the necessary operations from the opening of the hospital, with great judgment and success. Before the land came into the possession of the Commonwealth, it had been severely cropped and poorly fed, and its condition was what might be expected from the treatment. By careful, judicious, and systematic management, it has been constantly improving, and the greater part of it is now in good condition. The facilities for making manure are now unsurpassed on any farm, and if its condition does not continue to improve still more rapidly, it will be from want of the skill and experience necessary to make the best use of the means so amply provided. The sewerage from the house is poured in great abundance upon a meadow in the rear of the building, and although much of it is still wasted, some part is used in the preparation of fertilizing compost; and measures are to be taken to make still farther use of this most valuable material. The crops this year have been abundant for all the wants of the institution, with the exception of the hay crop, which cannot be so rapidly increased as others. Several acres of flowed land have been reclaimed; other pieces of wild and unproductive waste have been brought under cultivation, and the almost uninterrupted services of three horses and three pair of oxen have been required to carry

on these various operations, together with the other necessary work of the institution.

In summer the farm affords the best means of exercise to many of the patients. On certain occasions during haying as many as forty patients have been actively employed in the various operations upon the land, with great benefit to themselves, and benefit to the institution.

A schedule of the farm products is annexed, with an inventory of implements, teams, &c., and their appraisals as required by statute, with others required by law.

A beginning has been made of a garden for flowers and the more tender vegetables, and it is hoped we may soon render this department attractive and useful by the introduction of the culture of the smaller fruits, berries, &c., &c. A combined grapery and conservatory could be erected upon the south side of the boiler-house, at little expense, and early vegetables could be started in quantity sufficient to give a surplus for the market.

Some new walks have been opened in the groves. The groves have been trimmed and dressed. Shrubbery and trees have been planted, and a considerable improvement is already manifest in the appearance of the grounds immediately contiguous to the buildings. The large beds of flowers in view from all the windows add much to the general air of cheerfulness natural to the location, and the cool walks through the groves prove very attractive to patients of both sexes. The extensive groves and walks afford abundant opportunity for all necessary or desirable out-of-door exercise, and patients requiring it, are constantly waited on by a competent and faithful attendant. The whole one hundred and eighty-five acres are open to patients for exercise and amusement, and are freely used for the purpose by all those whose mental and physical condition permit this recreation.

ENTERTAINMENTS AND AMUSEMENTS

Have always been freely made use of, as far as our means would allow. One, or two, or more evenings in the week are devoted to readings, or lectures, or musical entertainments or exhibition of magic lantern or microscope, or dancing, or something of the kind, which may relieve the monotony of our

daily life. Every winter there has been a patient or two in the house whose pleasure and profit it has been to furnish an occasional lecture on some interesting subject. We had, during the Crimean war, several very interesting lectures from one of the patients, upon this subject, illustrated by diagrams of his own preparing, and he took great pleasure in thus communicating to his less fortunate fellow patients the various interesting items of news gleaned from the papers of the day, with proper geographical and other illustrations of his text. We have had also from another gentleman of highly cultivated literary taste, several lectures upon China and the Chinese, illustrated by various specimens of natural and artificial productions gathered by him during a residence with that curious and interesting people. Others have also found amusement and healthy occupation in the preparation and delivery of lectures on various subjects at their own convenience.

We are also indebted to the kindness of many ladies and gentlemen of the village, and of neighboring towns, for musical entertainments, which were the source of great enjoyment to all who listened. There are constantly many among us who are incapable of other enjoyment than that which finds its way to them through the avenues of the senses. To such, music and pictures, flowers and fruit, dancing and games not requiring much mental exertion, afford all the recreation they are capable of enjoying.

There is a sad want of means of employment for the *men* in the winter season, when operations on the farm are suspended. The care of the barn and stock gives employment to a few of those who are competent, but the greater part of our cases of dementia pass a great portion of their time in idleness, from mere *incompetency* to any work requiring thought, or the exercise of ingenuity. An effort will be made this coming season to procure some employment for a large number of this unfortunate class, and although no profit, *in money*, can be expected from it, some few may be found, among so large a number, who may derive a compensatory benefit from the necessary outlay. The tying of brooms, brading of hats and bonnets,—branches of industry prosecuted to a considerable extent in the vicinity,—and the making of baskets, &c., may possibly be adopted, to some extent, with advantage.

The Library is constantly increasing in size and usefulness. The great majority of our patients cannot read, and a very large proportion cannot understand what is read to them. Yet there are some in every hall, with whatever class of patients it is filled, who *can* understand and can enjoy what is read to them, and a daily reading exercise is a part of our routine. Many who are incapable of receiving any higher enjoyment from it, are gratified by the sound of the voice, and cluster around the reading chair evidently in quiet enjoyment of the mere sound of the human voice, their countenances void of any expression of intelligence, but their attitudes indicative of satisfaction and peace.

A small sum is appropriated annually by the Trustees to the increase of the library, and it is still farther enlarged by donations from kind friends. The donations would probably be much larger were it generally known with what avidity reading matter is seized upon by many of the patients.

The Bowling Alley continues an unfailing source of amusement to both sexes of patients. The billiard table, also, has its votaries, and many an otherwise heavy hour is made to pass pleasantly away. The usual minor games complete the list of amusements, which are very much the same in all well conducted hospitals. A reading-room, with writing table and stands for daily and weekly papers, receives its share of attention from those whose condition enables them to enjoy it.

Religious exercises continue to be held by the Superintendent on each evening in the week, not devoted to other purposes, and there is a regular service every Sunday by the clergyman of the village—an arrangement which is found useful and satisfactory, and, it is hoped, is attended with some lasting profit.

IMPROVEMENTS.

During the year now closed, many things, not very important in themselves, but together adding considerably to the means at command for the benefit of the patients, have been done. The walks have been extended, the flower beds multiplied, the groves cleaned to some extent, some acres have been reclaimed, while inside the home, something has been done to increase its comforts and convenience. A slight alteration has been made in the heating apparatus, by the substitution of larger pipes in the hot air chambers for conducting off the condensed steam. The

want of sufficient inclination to the coils of heating pipe has heretofore occasioned a delay in the return of the condensed steam to the reservoir which is placed under the centre of the building for its reception, and the consequence, in very cold weather, when the steam is rapidly condensed, has been an accumulation of water in the pipes, which materially retarded the circulation of steam, and consequently prevented the pipes from becoming warmed sufficiently to be useful. The change made in the size of the pipe returning the condensed steam, will undoubtedly partially remove the difficulty, but there still remains the insufficient inclination which is only to be overcome, at some future time, *by sinking the reservoir in which the condensed steam is collected*, to a depth sufficient to insure a rapid and constant flow. The pipes cannot otherwise be kept clear for the steam, and consequently some of them will become obstructed and useless as heaters for a great part of the time. The past and present outlay for heating purposes is a very considerable proportion of the expense of the institution. The *compact arrangement* of the radiating surfaces in the heating apparatus at the Worcester hospital, has this great advantage, that the condensed steam has not a great distance to run, and the pipes are therefore kept constantly open to the free and unobstructed circulation of steam, and are therefore constantly hot, the current of cold air thrown upon them by the fan, although sometimes at very low temperature, not being able to reduce very much their heating power. It is hoped that the change made this summer in the size of the pipe may do something toward removing a very serious impediment to the entire success of the apparatus.

SUGGESTIONS.

When the building was being completed for the reception of patients, the kitchen was the last stronghold of the mechanics to be vacated, and on it was expended the last small remnant of the many appropriations somewhat grudgingly placed at the command of the able commissioners for building. The consequence was, hurried and insufficient preparation for the work required in the kitchen. What was an insufficient and inconvenient cooking apparatus for two hundred and fifty patients, has now become a dilapidated and still less sufficient apparatus

for the three hundred and fifty patients; and to insure an economical and convenient preparation of food for so large an increase in the number to be fed, a new range and one or two new boilers are absolutely needed.

The quality of the water heretofore used in the institution, and the method of raising it to the tanks, were open to so many serious objections, that in my report of last year I recommended to your Board a radical change in this department of our domestic economy, and petition was made to the legislature for an appropriation of three thousand dollars, for the purpose of securing a full supply of pure soft water from a spring on the hospital grounds, not very far from the buildings. With a promptness highly honorable to that body, a bill was passed appropriating the sum asked for the purpose. The new works are now nearly completed, and it is hoped we shall soon be in the enjoyment of an abundant and steady supply of this indispensable article.

When the present arrangement of tanks and distributing pipe was made, it was not expected that the number of inmates would exceed two hundred and fifty, and it was gauged to meet the reasonable wants of that number. We have now nearly one hundred more, and our means of heating water for so many are deficient. Some days many of the halls are entirely without hot water. A warm bath is wanted for a patient, and he must either go without it, or be carried to a distant part of the building, with great inconvenience and some risk. The floor of a soiled room must be instantly cleaned, and the attendant must leave his hall, to bring from the kitchen in small quantities, a great distance, the hot water necessary to his purpose.

If the demands of the laundry and kitchen were supplied by an additional tank, placed upon or near the boilers, the tank in present use would probably supply all other necessities of the house, and comfort and order once more take the place of the present suffering and disorder. The tank need not be large, as its operation, exposed to the great heat of the boilers, would be very similar to that of an ordinary "water buck," heating water about as rapidly as it can be passed through it.

To Dr. C. K. Bartlett, the Assistant-Physician, I am under obligations for the readiness and ability with which his duties have been performed; and to the Clerk, Mr. F. L. Eldridge,

and Supervisors, and to all whose sense of duty has led to a prompt performance of their duties, and to continued efforts to promote the interests of the institution, and the comforts of its inmates.

To your Board I am under the deepest obligations for the careful scrutiny each department has so constantly received, and for the kindness and consideration with which my efforts for the advancement of the interests of the institution have been received and seconded.

My acknowledgments are also due the many kind friends who have, from time to time, remembered the sufferers here gathered, and who have in any way contributed to their relief. The smallest donation, the slightest vibration of a sympathizing voice, is not without its effect. It may not cure one patient—but it may; and if it should not, it may assuage some sorrow, it may lessen some affliction, it may lighten some load, it may help to lift another's cross. As it is done to one of our little ones, it is done to Him whose promise is sure. Let us trust Him.

WM. HENRY PRINCE, *Superintendent.*

NORTHAMPTON, October 1, 1862.

SCHEDULE A,
Showing a list of Farm Products on hand.

126 tons hay,	\$1,484 00
175 bushels oats,	78 75
10 bushels rye,	9 00
5 tons straw,	40 00
500 lbs. broom brush,	30 00
50 bushels broom seed,	12 00
20 bushels buckwheat,	15 00
200 bushels corn,	150 00
850 bushels carrots,	212 50
1,200 bushels turnips,	200 00
300 bushels beets,	75 00
200 bushels onions,	100 00
1,000 head cabbage,	40 00
4 tons squash,	80 00
75 barrels apples,	75 00
2,400 bushels potatoes,	720 00
	<hr/>
	\$3,321 25

SCHEDULE B.
List of Salaried Officers and their Salaries.

William H. Prince, M. D., {	Superintendent, salary, . . .	\$1,600 00
	Treasurer, salary, . . .	300 00
C. K. Bartlett, M. D.,	Assistant-Physician, salary, . . .	700 00
F. L. Eldridge, Clerk,	salary,	500 00
Asa Wright, Farmer,	salary,	600 00
George W. Taylor, Engineer,	salary,	480 00
		<hr/>
		\$4,180 00

SCHEDULE C.

Inventory of Stock and Supplies on hand, September 30, 1862.

Live stock on the farm,	\$2,836 00
Produce of the farm on hand,	3,321 25
Carriages and agricultural implements,	940 00
Machinery and mechanical fixtures,	5,711 00
Beds and bedding in the inmates' department,	7,181 30
Other furniture in the inmates' department,	4,918 81
Personal property of the State in Superintendent's department,	405 00
Ready-made clothing,	501 94
Dry goods,	1,083 15
Provisions and groceries,	2,153 94
Drugs and medicines,	300 00
Fuel,	5,893 18
Library,	375 00
	<hr/>
	\$35,622 57

SCHEDULE D.

Inventory of Stock and Agricultural Implements.

3 horses,	\$600 00
6 oxen,	530 00
23 cows,	920 00
8 heifers,	96 00
18 fat hogs,	360 00
12 breeding sows,	120 00
60 pigs,	150 00
Live poultry,	60 00
	<hr/>
	\$2,836 00
3 ox carts,	\$120 00
1 team wagon,	75 00
1 extra rack,	15 00
2 one-horse rack wagons,	55 00
1 spring wagon,	15 00
1 buggy wagon,	25 00
1 horse cart,	30 00
1 stone dray,	20 00
Farming utensils,	300 00
Harnesses,	95 00
2 ox sleds,	10 00
2 horse sleds,	50 00
2 carryalls,	130 00
	<hr/>
	940 00
	<hr/>
	\$3,776 00

DIET TABLE.

MONDAY.

Breakfast—Coffee, bread and butter, hash, or potatoes.

Dinner—Roast meat and vegetables, bread and butter, rice, fruit.

Supper—Tea, bread and butter.

TUESDAY.

Breakfast—Coffee, bread and butter, hash, and potatoes.

Dinner—Soup, bread and butter, pudding, fruit.

Supper—Tea, bread and butter.

WEDNESDAY.

Breakfast—Coffee, bread and butter, hash, beefsteak.

Dinner—Fresh fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter, ginger snaps.

THURSDAY.

Breakfast—Coffee, bread and butter, hash, or meat and potatoes.

Dinner—Corned beef, vegetables, bread and butter, rice.

Supper—Tea, bread and butter.

FRIDAY.

Breakfast—Coffee, bread and butter, meat and potatoes.

Dinner—Salt fish, vegetables, bread and butter, pudding.

Supper—Tea, bread and butter, plain cake.

SATURDAY.

Breakfast—Coffee, bread and butter, hash, potatoes.

Dinner—Baked beans, bread and butter, pudding, fruit.

Supper—Tea, bread and butter.

SUNDAY.

Breakfast—Coffee, bread and butter.

Dinner—Cold corned beef, vegetables, bread and butter, pies.

Supper—Tea, bread and butter, gingerbread.

EIGHTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT NORTHAMPTON:

OCTOBER, 1863.

BOSTON:

WRIGHT & POTTER, STATE PRINTERS,

No. 4 SPRING LANE.

1864.

Commonwealth of Massachusetts.

EIGHTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

To His Excellency the Governor of the Commonwealth of Massachusetts, and the Honorable Council :

The Trustees of the Northampton Lunatic Hospital present their Eighth Annual Report.

During the year past, ending on the 30th day of September last, they have made all the visitations of the hospital required by law ; and in addition thereto, one of their number has usually during each week, or oftener, at such times as he pleased, visited the institution, making such observation, examinations, and inquiries, as seemed to him proper to the obtaining of a full understanding of the condition and wants of the inmates ; and the Trustees can speak in terms of approbation of the uniform cleanliness of the rooms and furniture, as well as of the personal neatness of the patients, and the air of quiet and order which have pervaded the establishment.

A particular statement of the condition of the hospital, the number of inmates from month to month, and the average number during the year ; a list of the salaried officers and their salaries ; and other statistical information, arranged in tabular

form under appropriate heads, required by the sixth section of the seventy-third chapter of the General Statutes of the Commonwealth, is contained in the report of the Superintendent to the Trustees, and tables annexed marked A, B, C, and D, and herewith submitted.

The state of the finances of the institution is embraced in the Treasurer's report hereto appended, which has been duly audited by the Trustees.

The affairs of the hospital have been conducted with the greatest possible economy; and the result, which shows a deficiency of less than a thousand dollars between the receipts and expenditures, including the carrying on of the farm for the year just closing, is as gratifying to the Trustees as it is creditable to the energy and good judgment and careful oversight of the Superintendent and the faithfulness of the other officers associated with him.

A recent Act of the legislature provides that from and after the first day of October instant, the price of board for State paupers shall be reduced from \$2.62 to \$2.25 per week.

The amount of reduction based on the number of that class of inmates the past year, would have exceeded \$4,000.

With the reduction hereafter to be made in the charges will come largely increased cost of many of the necessary supplies of the hospital,—(the item alone of coal at present prices amounting to \$3,000 or \$4,000 more than in any previous year,)—and we anticipate the certainty of being obliged to ask the legislature before or at the close of the next year for a large sum to supply this deficiency.

We shall continue to practice the strictest economy consistent with the health, judicious care, and humane treatment of the inmates, and consider it our duty as faithful agents of the Commonwealth to make known frankly our efforts to save expense, and to ask the State to pay what seems absolutely necessary in order to secure the beneficent objects for which the hospital was established.

We refer to the report of the Superintendent for information as to the practical daily operations within and without the buildings, and for many valuable suggestions of changes and improvements which his experience has enabled him to make.

We cannot conclude this brief Report without expressing our gratitude to the legislature for the readiness and promptness with which they have heretofore responded to all the petitions of the Trustees for pecuniary appropriations when necessary, nor without endeavoring to impress upon them the strong probability that with the reduced charges for board and the increased cost of the means of living, they will be called upon hereafter to pay from the State treasury the deficiency of our receipts to meet expenses; nor without apprising the government and the public that the Trustees have annually an increasing confidence in the capacity, intelligence, integrity, fidelity and skill of the Superintendent, and his singular adaptation to the acceptable discharge of the arduous and responsible duties of his position, and in the special qualification of all those who are connected with him, and who assist in the management of the different departments of the institution.

Respectfully submitted.

ELIPHALET TRASK,
S. M. SMITH,
A. R. FIELD,
WALTER LAFLIN,
EDWARD DICKINSON,
Trustees.

NORTHAMPTON, October 1, 1863.

TABLE A.

*Showing the number of Patients remaining at the end of each Month,
from September 30, 1862, to September 30, 1863.*

MONTHS.	Males.	Females.	Total.
October 31, 1862,	146	186	332
November 30, 1862,	144	185	329
December 31, 1862,	152	189	341
January 31, 1863,	157	191	348
February 28, 1863,	159	209	368
March 31, 1863,	153	206	359
April 30, 1863,	154	208	362
May 31, 1863,	153	211	364
June 30, 1863,	159	211	370
July 31, 1863,	161	215	370
August 31, 1863,	165	217	382
September 30, 1863,	167	216	383

Average, 359.

TREASURER'S REPORT.

To the Trustees of the Northampton Lunatic Hospital :

The Treasurer respectfully submits the following Statement of the Receipts and Expenditures for the year ending September 30, 1863 :

RECEIPTS.

Received for board of private boarders, . . .	\$13,977 02
for board of town paupers, . . .	4,019 00
for board of State paupers, . . .	33,270 37
of town paupers for clothing, . . .	237 40
of private boarders for clothing, . . .	819 13
of private boarders for contingencies, . . .	552 05
of private boarders for advancements, . . .	772 12
on sundry accounts, . . .	180 14
for animals and produce of farm sold, . . .	1,172 14
for persons employed on farm, for provisions, &c., . . .	136 79
for appropriation, . . .	1,455 18
Borrowed of banks and others, . . .	41,000 00
Balance in Treasurer's hands, Sept. 30, 1862, . . .	668 17
	\$98,259 51

PAYMENTS.

For provisions and supplies, . . .	\$19,056 36
fuel, . . .	4,480 25
gas and oil, . . .	2,083 65
wages and salaries, . . .	10,708 67
furniture, . . .	1,821 61
dry goods and clothing, . . .	3,278 29
contingencies, . . .	2,842 69

For repairs,	\$2,462 66
farm,	3,622 97
farm stock,	992 25
farm wages,	1,294 90
improvements,	91 66
advancements,	583 79
appropriation,	1,455 18
miscellaneous,	183 70
banks and others (borrowed,)	43,000 00
Balance in hands of Treasurer,	300 88
								<hr/>
								\$98,259 51

WM. HENRY PRINCE, *Treasurer*.

September 30, 1863.

The Committee appointed to examine the financial affairs of the institution report that they have carefully compared the books and accounts of the Treasurer, and find them satisfactory.

E. TRASK.

S. M. SMITH.

SUPERINTENDENT'S REPORT.

To the Trustees of the Northampton Lunatic Hospital :

GENTLEMEN,—In compliance with the requisitions of the by-laws of the institution, and in obedience to the statutes of the Commonwealth, the Superintendent presents his annual report.

In reviewing the history of the institution for the year now closed, we find abundant cause of gratitude to a beneficent Providence for mercies vouchsafed to us ; for our enlarged field of usefulness ; for additions to our means of administering to the comfort and well being of the patients ; for the absence of all epidemics and diseases of a dangerous nature ; for comparative immunity from accident ; for the tranquillity and security we have enjoyed in a season of turmoil and danger to many ; and for many other blessings which have constantly surrounded us.

Although the hospital was originally intended and fitted for the comfortable accommodation of but two hundred and fifty patients, this number was exceeded very soon after the close of the first year of its operation. Its doors have been constantly open to all who have sought relief within its walls, without regard to the form or duration of the disease, other than that prescribed by statute ; and it has freely offered its accommodation for the relief of the over-crowded condition of the other two State hospitals. In former years quite a number of quiet, incurable patients, who were supported by the Commonwealth, and whose condition offered no prospect of benefit from longer treatment in a hospital, were removed by the Board of Alien Commissioners to be cared for elsewhere. During the last year, however, the number suitable for such removal has been

much smaller than heretofore, and, as we have continued to afford relief to the extent of our ability to the other institutions, the whole number in the house is much larger than ever before. The number of females has always exceeded that of the males from the opening of the hospital, and the limit of comfortable accommodation for them has been reached.

It has been your policy to extend the benefits of the institution to all suitable cases, and it is a pleasant reflection that none have ever been turned from its doors, whose condition was such as to bring them within the field of its legitimate operation. It has never yet been necessary to make any selection among the cases offered, and it is to be hoped the day is far distant when the admission of any proper case must from any cause be refused.

A policy so liberal, carried to an unlimited extent, and pursued for many successive years, must result in a great accumulation of incurable cases, and it becomes necessary, in order to preserve the curative character of our institution, either to refuse in part or entirely this class of patients, or to remove, from time to time, as many as possible of those who need merely custodial care, or simple nursing. The former course would be illiberal, and, for several reasons, injudicious. It is not for a public charitable institution thus to close its doors against those who have a right to all the benefits they may derive from it, and who are taxed for its creation and support. A measure of relief which operates to a limited extent is provided by the statute authorizing the Trustees to remove, under certain circumstances, to their homes, or to the places of their legal settlement, such patients as are not susceptible of farther improvement. Action under this statute, however, is attended with very partial relief, for the great majority of incurable paupers insane, in this hospital, are those who have no place of legal settlement within the State, and the burden of whose support falls on the Commonwealth. The towns have no proper accommodations for the insane, for there are very few, even of the incurable class, who do not at all times need the constant care of competent and responsible persons, and, at intervals, the peculiar care and attendance to be found only in an institution specially adapted to the purpose. Any relief to these institutions at all commensurate

with the demand, must deal with the larger class of pauper insane which now crowds them, and which looks to the Commonwealth alone for care and support. The fact is well known that already in each of the State almshouses a considerable number of this class of patients is supported in more or less comfort, but with more or less inconvenience and annoyance to those with whom they are brought into contact, and with more or less derangement of the order and discipline peculiar to our institutions not designed for their treatment. It is a question deserving consideration whether, by some alteration of, or addition to one or more of these institutions, the partial relief now afforded to the hospitals could not be extended and made available for a considerably larger number. In all our State hospitals there is a large number of hopelessly diseased persons dependent on the Commonwealth for support, whose unfortunate condition necessitates their seclusion. Some, if at large, would at times be dangerous; all would be troublesome, and the safety of the public requires their confinement. Others are incompetent to care for themselves, and their utter helplessness exposes them to ill treatment and suffering while running at large, and renders it necessary that they should be cared for. In a hospital they are, by unceasing care, made quiet, comfortable, healthy and comparatively happy, but let this care be withdrawn and they lapse into a pitiable condition, losing all but the mere form of humanity, and become a burden to themselves and an opprobrium to those who should care for them.

In different places, and at different times, the experiment has been tried of supporting this class of patients in institutions set apart for them, organized and administered in a manner supposed to be adapted to secure an economical, and at the same time a sufficiently humane system of treatment. The results, however, have not been such as to recommend the system, but have rather cast well deserved opprobrium on those connected with their management. The problem of a separate, very economical support and management of the incurable pauper insane, that shall at the same time meet the demands of an enlightened philanthropy, remains to be solved.

In five years the number of patients in this hospital has increased from two hundred and twenty to three hundred and

eighty-three. Within the last year, owing partly to the small number discharged, the number has increased from three hundred thirty-two to three hundred and eighty-three. In all hospitals where no effort is made to exclude them, the proportion of incurable cases is large and increasing. In this one the ordinary proportion is much increased by the importation of numbers from the other two hospitals, made necessary by their crowded condition. There is no reason for supposing that the number of insane in this State will not increase in proportion to the increase of population, and there is no reason to expect the number of incurable cases to be less, although the proportion may be somewhat diminished. We are to expect, then, a constant yearly increase of this class to be cared for, and the subject of their final disposition will become more and more urgent and interesting.

At the close of the last year there were remaining in the hospital three hundred and thirty-two patients, of whom one hundred and forty-seven were males, and one hundred and eighty-five were females.

During the year there were admitted one hundred and thirty-seven, of whom sixty-nine were males and sixty-eight were females. Thirty of each sex were discharged during the year, and twenty-six died, of whom nineteen were males and seven were females. There now remain under treatment three hundred and eighty-three, of whom one hundred and sixty-seven are males and two hundred and sixteen are females.

Twenty-six State paupers were received from other hospitals, and seven from the State almshouses. These cases are chronic, and probably incurable, and the whole thirty-three will probably continue to be a burden to the State, and to the public institutions, during the remainder of their lives.

Twenty-six patients have died during the year, nineteen males and seven females. The largest number of deaths from any cause is from phthisis and from that slow wasting away which removes so many chronic cases. There were eight deaths from each of these causes. The general health of the inmates has been remarkably good, and there has been no tendency to epidemic of any kind.

The usual statistical tables are here given, showing some of the prominent facts of the cases received during the year, as

far as it was possible to procure them. It would be well if a full statement of the more interesting particulars usually sought for in the reports of hospitals for the insane were required by law before the admission of the patient. The statement now required by statute might be so extended as to embrace information of value and interest. A strict compliance with the present statute would, if it could be secured, add something of value to the tables as now compiled, and increase their future value.

TABLE No. 1,

Showing the Number and Sex of all Patients admitted, discharged, died, and remaining.

	Males.	Females.	Total.
Number of patients remaining Sept. 30, 1862, .	147	185	332
admitted since,	69	68	137
under treatment during the year, .	216	253	469
discharged during the year, . .	30	30	60
died during the year,	19	7	26
remaining Sept. 30, 1863, . . .	167	216	383

TABLE No. 2,

Showing the last Residence of all Patients admitted during the year.

COUNTIES.	Males.	Females.	Total.
Hampshire County,	12	10	22
Hampden County,	14	13	27
Franklin County,	9	5	14
Berkshire County,	9	3	12
Middlesex County,	1	1	2
Essex County,	2	—	2
Bristol County,	5	21	26
Worcester County,	1	—	1
Suffolk County,	1	—	1
Other States,	15	15	30
Totals,	69	68	137

TABLE No. 3,
Showing the Ages of all admitted during the year.

	Males.	Females.	Total.
Between 10 and 20,.	—	3	3
20 and 30,.	19	14	33
30 and 40,.	19	19	38
40 and 50,.	14	17	31
50 and 60,.	10	10	20
60 and 70,.	3	4	7
Over 70,	4	1	5
Totals,	69	68	137

TABLE No. 4,
Showing the Nativity of all Patients admitted during the year.

	Males.	Females.	Total.
America,	54	38	92
Ireland,	13	29	42
England,	2	—	2
Scotland,	—	1	1
Totals,	69	68	137

TABLE No. 5,
Showing the Supposed Causes of Insanity.

SUPPOSED CAUSES.	Males.	Females.	Total.
Paralysis,	2	—	2
Overwork,	2	—	2
Masturbation,	1	—	1
Injury to head,	1	—	1
Intemperance,	9	2	11
Epilepsy,	8	2	10
Family affliction,	1	1	2
Loss of property,	1	—	1
Greediness,	1	—	1
Opium,	1	1	2
Apoplexy,	2	—	2
Religious excitement,	1	1	2
Ill health,	6	16	22
Business difficulty,	1	—	1
Spiritualism,	1	—	1
Old age,	2	—	2
Exposure,	1	—	1
Hereditary,	1	4	5
Puerperal,	—	1	1
Death of Friend,	—	1	1
Fever,	—	1	1
Tobacco,	—	1	1
Unknown,	27	37	64
Totals,	69	68	137

TABLE No. 6,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20,	9	7	16
20 and 30,	23	23	46
30 and 40,	13	15	28
40 and 50,	10	15	25
50 and 60,	6	5	11
60 and 70,	2	3	5
Over 70,	5	—	5
Unknown,	1	—	1
Totals,	69	68	137

TABLE No. 7,
Showing the Duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	21	16	37
From 1 to 2 years,	8	9	17
2 to 5 years,	13	16	29
5 to 10 years,	16	16	32
10 to 15 years,	3	7	10
15 and over,	8	4	12
Totals,	69	68	137

TABLE No. 8,
Showing the Civil Condition of all Patients admitted.

CIVIL CONDITION.	Males.	Females.	Total.
Married,	30	20	50
Widowed,	3	1	4
Single,	36	47	83
Totals,	69	68	137

TABLE No. 9,
Showing the Occupation of all Male Patients.

Merchants, 4	Tailor, 1
Clerks, 2	Drover, 1
Pattern maker, 1	Student, 1
Barber, 1	Cabinet maker, 1
Lawyers, 4	Machinist, 1
Minister, 1	Cashier, 1
Shoe cutter, 1	Shoemaker, 1
Farmers, 13	No business, 7
Blacksmith, 1	Laborers, 25
Armorer, 1	Total, 69
Book-keeper, 1	

TABLE No. 10,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Phthisis,	4	4	8
Injury from fall,	—	1	1
Diarrhœa,	—	1	1
Meningitis,	1	—	1
Marasmus,	7	1	8
General Paralysis,	4	—	4
Softening of Brain,	1	—	1
Suicide,	1	—	1
Acute Exhaustion,	1	—	1
Totals,	19	7	26

TABLE No. 11,
Showing the Proportion of Commitments.

Committed by Judge and Courts,	29
two Justices,	4
Overseers of Poor,	13
Governor,	1
Alien Commissioners,	28
Friends,	62
Total,	137

TABLE No. 12,
Showing by whom the Patients will probably be supported.

Supported by State,	50
by Town,	25
by Friends,	62
Total,	137

The importance of a tract of land for farming and gardening purposes connected with any institution where the insane are treated, is now universally acknowledged. Every year's experience in the management of a hospital affords additional proof of the benefits to be derived by the inmates from regular out of door employment. The means thus afforded for exercise and labor are invaluable, and could not be dispensed with without detriment to the health and well being of the patients.

The profit of a hospital farm should not be too anxiously sought for in the columns of the ledger; for the returns made in health regained, in the soothing influence of regular occupation, in the beneficial effects of congenial employment, of diversion from morbid trains of thought and feeling, and other benefits of like nature, which cannot be reduced to figures, more truly represent the real value of the farm and garden to the patients than any schedule of vegetable products. Although the season has not been quite as favorable as usual for garden produce, the crops have not fallen off as much as was expected. In addition to the articles named in the schedule (A) of farm products on hand, other articles, including fruits and milk, amounting at their market value to three thousand four hundred and eighty-six dollars and ninety-six cents, have been consumed in the house.

Many of the patients have labored regularly in all the variety of work done upon the farm and garden, under proper supervision, and their labors have secured a full supply of fresh vegetables for their tables, while at the same time their health and general condition, physical and mental, have been materially benefited by the employment thus afforded them.

While gathering a large annual crop from the land, care is taken by proper rotation and dressing, not only to prevent any diminution of its productiveness, but to improve its condition from year to year. Patches of land which have heretofore produced little beside the natural wild growth, are reclaimed year by year, and added to the productive area, and parts that have been longer under cultivation are still further improved by ditching, draining, removal of stones, &c., as opportunity occurs.

Improvements on the pleasure grounds also go on as time and means are found for prosecuting them. Walks are extended through the groves, flower beds are multiplied, new shrubbery is added, and much pains is taken to procure a neat and cheerful appearance in the grounds immediately adjoining the house. In all the work the ready assistance of the patients is cheerfully given, and during the present season this work has been almost wholly in their hands.

Besides the work done upon the farm and in the garden many of the patients constantly find exercise, amusement and recreation in the varied labors of the housekeeping department. In the kitchen, the cooks furnish pleasant and diverting occupation to many who would otherwise remain idle, and who might become mischievous and troublesome. The laundry is also made to supply a healthful and pleasant diversion to a large number. The baker also has his assistants, and the engineer finds employment for others. The seamstress collects daily around her a large circle of quiet, industrious and happy co-laborers, whose united efforts add much to the comfort of their fellow-boarders. Many others are capable of rendering efficient assistance in the halls and dining-rooms, and these render themselves useful, while they are made happier by breaking the monotony of their daily life, and healthier by the exercise gained. No opportunity is neglected of giving some employment to all who can derive benefit from it, and are capable of applying themselves.

Notwithstanding all that has been done in this direction, there still exists a great want of suitable occupation for the men during that part of the year when farming operations are to a great extent suspended.

The carrying on of any mechanical business by the help of the insane, requires a considerable expenditure for material used and wasted, and tools destroyed and lost, but especially for such competent supervision as is necessary to obtain results at all satisfactory ; to guard against injuries ; to prevent abuses ; to apportion labor to strength and capacity ; to stimulate the dormant, and quiet the irritable ; in short, to manage with exact judgment, and lead to profitable results the labors of those who cannot manage themselves, and to whom labor is in

itself distasteful, and when unrequited, repugnant. Very few of our State paupers have acquired skill in any mechanical trade. Nearly all of them have been mere day laborers in fields of occupation requiring little skill. The experiment of imparting to them in their present condition of perverted mental action such a degree of skill in any mechanical trade as would secure remunerative results, would probably prove futile. Yet there are various occupations, not requiring a high degree of skill, which would come within the capacity of many insane minds. The manufacturing of some articles here requiring little skill and no great outlay for material or supervision, might be undertaken without the chance of great pecuniary loss; while our distance from any great market would probably prevent its being remunerated in any other way than through the benefits to be derived by the patients from the occupation of their time and their thoughts.

During the last winter an experiment was made in the manufacture of baskets; and in the aspect of affording a suitable, light, and rather interesting occupation to a number of the patients, and in all its results, it was considered quite a successful beginning. Pecuniarily it was a total failure. There was no money made, but there was not much lost. There was no outlay for tools or material. The materials were supplied, the simple apparatus necessary was loaned, the manufactured articles removed without cost, and the labor paid for. The amount received very nearly paid the wages of the men hired to superintend the work. No accident and nothing of an unpleasant nature occurred to detract from the satisfaction the results gave excepting the necessary discharge of an overseer for what was considered an abuse of a patient, and the elopement of one patient from the room temporarily occupied as a workshop, and the threatening of one patient by another with a knife. The daily products of the labor of each patient varied, according to natural aptitude and mental condition, from one-twentieth to one-tenth of that of an ordinary hand, working under the usual stimulus to labor. Our accommodations limited the number who could be employed at any one time to advantage, and the variable mental state of the men rendered frequent changes of hands necessary even in this small number. The same cause

produced also a corresponding variation in the amount of labor performed on different days by the same patient; and in the quality of the work done on different days by the same individual, the same variation was evident, depending on some change in his mental condition not otherwise appreciable.

Although but little over one thousand baskets were made, the experiment with its small results was considered quite interesting, as it seemed to epitomize the whole scheme of mechanical labor for the insane, and to stand as a sort of type of like experiments. In some respects it was exceptional.

The branch of industry selected was one not requiring great mechanical skill. A few days sufficed for "learning the trade." The progress through the usually tedious stage of apprenticeship to the full dignity of "journeymen," was rapid for most, although some lingered long by the way. The circumstances under which the experiment was tried undoubtedly conduced to the favorable pecuniary result; for there was no expenditure for materials nor tools, and the loss of material by waste and "apprentice work" was borne by others. A farther prosecution of the experiment would undoubtedly have produced better average results, inasmuch as the more expensive period of pupilage had passed, and production would have increased without any corresponding increase of expenditure.

The experiment very well represents the prominent features of those carried on upon a much larger scale. There is the difficulty in securing overseers possessing the necessary qualifications of skill in the business, and the much more important moral qualities, the absence of which at once destroys the value of the experiment in its most important aspect as a hygienic measure. Such an overseer must, with the strictest honesty, possess the most imperturbable patience and good nature under provocations and annoyances to which he is sure to be subjected in his endeavors to extort unrequited labor in an unaccustomed direction, from men who have little or no interest in this work, and who wish only to be left alone—who are often made nervous and irritable by any attempt to fix continuous attention upon any thing at all taxing their mental powers, and on

whom many of the chief incentives to useful labor are entirely inoperative.

Two of the principal dangers attending these enterprises are also indicated in this short experience. The use by the insane of tools which may be suddenly converted into deadly weapons, is a danger not to be overlooked nor under-estimated, but constantly and vigilantly guarded against; and with the greatest care and watchfulness, accidents from this source must be expected to occur occasionally in the future as they have in the past. It is a danger that constantly limits the number which can be safely and advantageously employed, and fearfully increases the responsibility of those having the direction of these labors. The elopement of one of the men exposes another difficulty of greater or less weight according to the security of the work-rooms and the vigilance of the overseers. But in the greater freedom from restraint, and the frequent passing from place to place of those employed, the liability to loss by elopement cannot be lost sight of.

The manufacture of mats has been pursued for some years as a means of occupation in stormy weather, for the hands usually employed on the farm, and has well answered its purposes of pleasant diversion and the supply of a constantly recurring want of the house.

The manufacture of palm-leaf hats was attempted, and persevered in for a length of time sufficient to show that it is a branch of industry not well suited to our patients, or rather to the class of patients for whose improvement employment is most needed. It requires considerable skill beyond the easy acquisition of the demented, a fixedness of the attention not easily secured, together with arithmetical combinations quite puzzling to the impaired and restless minds of those attempting them.

The subject of employment for the patients is, however, of such great importance in a hygienic view that it is in no danger of being lost sight of, and the means of securing it will be constantly studied and availed of to as great an extent as possible.

The number of patients now in the institution, whose expenses are paid from the State treasury, is two hundred and

forty-seven. The Commonwealth has paid for their support two dollars and sixty-two cents per week for each. It is evident that this sum has not for the two last years, covered the expense of their support, and it cannot be made to do so without such curtailment of the expenditures as would very considerably reduce the means and appliances necessary to their proper and judicious treatment. If this sum has not sufficed with the strictest economy, at a time when the cost of the various articles of necessary consumption was comparatively moderate, it can hardly be expected, at the present high prices of all the necessaries of life, that the expense can be brought within that limit.

The following table is mostly taken from the Biennial Report of the Trustees of the Illinois State Hospital for the Insane, made to the legislature of that State in 1860, taken by that board from the Report of the Superintendent of the Kentucky Eastern Lunatic Asylum. It shows the cost of maintaining each person per week in twenty of the principal insane hospitals in the United States.

In the Pennsylvania Hospital for Insane, including officers' salaries,	\$5 00
Illinois State Hospital, including salaries,	2 77
Butler Hospital for the Insane, Providence, R. I., including salaries,	3 69
McLean Asylum for the Insane, including salaries, . . .	6 80
Government Asylum for the Insane, D. C., including salaries,	4 59
Kentucky Eastern Lunatic Asylum, including salaries, . .	2 94
Asylum for the Relief of Persons deprived of their Reason, Frankfort, Penn., including salaries,	4 80
Louisiana Insane Asylum, including salaries,	3 44
North Carolina Insane Asylum, including salaries, . .	3 92
South Carolina Insane Asylum, including salaries, . .	3 17
New Jersey State Lunatic Asylum, exclusive of salaries, .	3 24
New York State Lunatic Asylum, exclusive of salaries, .	3 83
Bloomington Asylum, New York, exclusive of salaries, .	5 21
Retreat for the Insane, Hartford, exclusive of salaries, .	3 89
Massachusetts Lunatic Hospital, exclusive of salaries, . .	3 00
Northern Ohio Lunatic Asylum, exclusive of salaries, . .	3 20
Central Ohio Lunatic Asylum, exclusive of salaries, . .	3 18
Southern Ohio Lunatic Asylum, exclusive of salaries, . .	3 16
Maine State Hospital for Insane, exclusive of salaries, . .	3 42
Missouri State Lunatic Hospital, exclusive of salaries, . .	4 00

The average cost per week in these hospitals is three dollars eighty-six cents for each person. Seven of these are not State hospitals, and the expenditures in these are probably on a more liberal scale, the average cost in them for each patient per week being four dollars and eighty-five cents. In the thirteen State institutions the cost was three dollars thirty-three cents. But in ten of these the salaries are not included in the estimate. This item being added would increase the average.

Of the hospitals here named, those whose rates are the lowest are in localities which give them advantages over others in the purchase of certain articles of large consumption, such as fuel, flour, meats, sugars, &c., and thus enable them to reduce their rates below others less fortunate in this respect. The difference between these rates and what is allowed by our own State is striking. These institutions are in the hands of competent gentlemen, and their interests are watched over by vigilant and careful managers and trustees. The character of these gentlemen is a guaranty that in their expenditures the highest good of those committed to their charge receives the first consideration, while their duty to the public and to the institution would hold them to a careful economy. True economy is to have the best means in the best condition. Any abatement from this high standard must eventuate in unsatisfactory results. The actual necessities of the insane are the same in Massachusetts as in other States. The cost of supplying them may vary. But it is difficult to see how they can be supplied in this State at rates so much lower than those prevailing elsewhere, if the standard of our institutions is to be preserved. No one would wish to see them reduced below the standard of similar institutions in other States.

In your strict scrutiny into all the expenditures of this institution you have seen the rigid economy with which they have been made, and are well aware that the sum paid for the support of the State paupers is less than the cost. With a well grounded fear of impairing the usefulness of the hospitals to the unfortunate sufferers committed to your care, you have refrained from ordering any curtailment of the supplies or of the means afforded for their care and treatment, in the full assurance that any deprivation of the kind could have but a

disastrous ultimate effect. The coming year can hardly fail to bring greater embarrassment. The prices of many articles of necessary consumption have continued steadily to advance and will continue to advance. The prices of some articles are already three or four times as great as before. The advantage of buying in advance of increased prices, of which we have largely availed during the past year, is no longer available. You are aware that the legislature, at its last session, desirous of reducing the great expense of foreign pauperism to the State, made a reduction of thirty-seven cents per week each, in the rate paid for the support of its insane paupers. As we have two hundred and forty-seven of these unfortunates in this institution, such a reduction from the present insufficient rate in a season of such high prices will be severely felt. With a full sense of its great importance I respectfully commend this subject to your consideration.

The same means of recreation and amusement made use of in former years, with such additions as it has been convenient to make, continue to be employed with the usual beneficial effects.

My thanks are due to many kind friends who have added, from time to time, to the means at command, by the donation of books, periodicals, flowers, plants, and various other articles, and by their very welcome assistance at concerts and exhibitions.

The exercises in the chapel in the evening and on the Sabbath are continued with regularity, and are an unfailing source of interest to a large number of the patients.

Doctor C. K. Bartlett continues in the efficient performance of his duties as Assistant-Physician, and Mr. F. L. Eldridge as Clerk, and to them I am under obligations for their zealous efforts to promote the interests of the institution.

To the Supervisors, Attendants, and all whose duties have brought them into immediate contact with the patients, and on whose fidelity so much of comfort and happiness depends, commendation is due for patient and careful performance of duties often unpleasant and wearisome.

I would also acknowledge my great obligation to your Board for the consideration and kindness with which you have

uniformly received my endeavor to secure the great objects for which the institution exists, and for the watchful care with which you have guarded its interests.

Relying on a kind Providence for future blessings, I commend these interests to your continued care and vigilance, in the hope that there may be no diminution of the means of promoting the comfort and improvement of all who seek them here, no falling away from the high standard it is so desirable to preserve.

WM. HENRY PRINCE.

SCHEDULE A,
Showing a list of Farm Products on hand.

140 tons hay,	\$1,820 00
600 pounds broom brush,	48 00
25 bushels broom seed,	7 50
30 bushels buckwheat,	22 50
300 bushels corn,	240 00
600 bushels carrots,	240 00
1,000 bushels turnips,	200 00
600 bushels beets,	240 00
150 bushels onions,	150 00
5,000 heads cabbage,	250 00
1,000 pounds squash,	125 00
10 barrels apples,	25 00
2,000 bushels potatoes,	1,000 00
	<hr/>
	\$4,368 00

SCHEDULE B.
List of Salaried Officers and their Salaries.

Wm. Henry Prince, M. D., {	Superintendent, salary,	\$1,600 00
	Treasurer, salary,	300 00
C. K. Bartlett, M. D.,	Assistant-Physician, salary,	700 00
F. L. Eldridge, Clerk, salary,		500 00
Asa Wright, Farmer, salary,		600 00
George W. Taylor, Engineer, salary,		540 00
		<hr/>
		\$4,240 00

SCHEDULE C.

Inventory of Stock and Supplies on hand, September 30, 1863.

Live stock on the farm,	\$3,176 00
Produce of the farm on hand,	4,368 00
Carriages and agricultural implements,	1,062 00
Machinery and mechanical fixtures,	6,115 00
Beds and bedding in the inmates' department,	7,221 21
Other furniture in the inmates' department,	3,932 44
Personal property of the State in Superintendent's apartments,	513 54
Ready-made clothing,	224 52
Dry goods,	633 27
Provisions and groceries,	1,102 68
Drugs and medicines,	275 00
Fuel,	3,804 01
Library,	450 00
	<hr/>
	\$32,877 67

SCHEDULE D.

Inventory of Stock and Agricultural Implements.

3 horses,	\$600 00
6 oxen,	600 00
23 cows,	1,035 00
3 heifers,	75 00
18 hogs,	441 00
11 breeding sows,	165 00
20 pigs,	40 00
1 boar,	20 00
10 shotes,	100 00
Live poultry,	100 00
	<hr/>
	\$3,176 00
3 ox carts,	\$120 00
2 team wagons,	200 00
1 extra rack,	15 00
2 one-horse wagons,	50 00
2 spring wagons,	82 00
1 buggy wagon,	30 00
1 horse cart,	30 00
1 stone dray,	20 00
Farming utensils,	250 00
1 mowing machine,	80 00
Harnesses,	100 00
2 ox sleds,	10 00
2 horse sleds,	50 00
1 carryall,	25 00
	<hr/>
	1,062 00
	<hr/>
	\$4,238 00



NINTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT NORTHAMPTON.

OCTOBER, 1864.

BOSTON:

WRIGHT & POTTER, STATE PRINTERS,

No. 4 SPRING LANE.

1865.



Commonwealth of Massachusetts.

NINTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

*To His Excellency the Governor of the Commonwealth, and the
Honorable Council :*

The Trustees of the Northampton Lunatic Hospital present their Ninth Annual Report.

In making a summary review of the year just closed, we have visited the hospital, officially and formally, as often as the General Statutes of the Commonwealth and the by-laws of the institution require ; and in addition to these, one or more members of the board have repeatedly, without notice, passed through the halls, and made thorough examination into the condition of the buildings, in their various departments ; inquired into the condition and wants of the inmates ; looked over the farm and gardens, and suggested, from time to time, any change or improvements which occurred to any one of us ; and we find nothing of which to complain, as to neglect, or mistake, or wrong ; and the interests of the institution have been carefully watched and promoted, as far as possible, by all connected with its operations.

In our last Report, we represented that the anticipated reduction in the prices to be charged for board, and the increasing cost of supplies, would probably find the hospital largely in debt, at the close of the year now past, and in need of appropriations from the legislature to meet such deficiency.

Such an application was found necessary, and was received and considered in the same candid, paternal spirit, with which they had ever before met our representations of the wants of the institution; and after careful inquiry by the Committee on Charitable Institutions, with the ready and valuable coöperation of the Board of State Charities, a Resolve was passed by the legislature which provided for the payment of the deficiency of expenses over income up to the first of January, 1864; for exchanging our existing, for improved, heating apparatus, which it is believed will reduce very considerably the expenses, as well as add greatly to the health and comfort of all in the establishment; and for paying, in advance, at the commencement of each quarter, ninety per cent. of the cost of supporting the State paupers, as estimated by the Board of State Charities; thus enabling us to save several hundred dollars in interest which has heretofore been paid on loans of money at the banks.

We desire to express our thanks for the prompt, cheerful and judicious response which the legislature made to our application as guardians of a most important, useful and now indispensable charitable institution, and to acknowledge, gratefully, the ready and valuable suggestions, aid and coöperation of the Board of State Charities, in providing the means of advancing the best interests of the institution.

We have had the satisfaction, within a few months past, to realize the benefits, present and prospective, of conveying from springs issuing from our own grounds and collected in a reservoir, an abundant supply of pure water, for all the uses of the hospital, the sources of which we believe, from the experience of the past season of unprecedented drought, to be unfailing; and have confidence, also, in the efficiency of the machinery to carry the water to any part of our buildings.

We have labored, long and earnestly, to secure this great object, so important to the health of all residents, and so great a security to life and property against fires, accidental or intentional, and our apparently perfect success, gives occasion for the highest satisfaction and congratulation.

We refer to the report of the Superintendent to the Trustees for statements in detail, of the condition of the institution, the number of inmates, the various changes and the average of numbers, for the whole year ; for a list of the salaried officers and the amount of their salaries ; and such other statistical information, arranged in proper tables, and under appropriate titles, as are required by the sixth section of the seventy-third chapter of the General Statutes of the Commonwealth.

An exposition of the state of the finances of the institution is also included in the report of the Superintendent. It has been examined by the Trustees and approved as correct.

About the middle of the past year, Dr. William Henry Prince, who took charge of the hospital as its first Superintendent, and who had devoted himself most laboriously and skilfully to the organization of the various departments, and succeeded satisfactorily in reducing all that was new and unformed and untried, both externally and internally, to order and system ; and who had conducted its operations under great difficulties, trials and opposition from “high places,” to the satisfaction of the Trustees, and by his energy, good judgment and decision of character, well earned the confidence of the community, felt obliged to retire, and so tendered his resignation of the office ; and the Trustees, with sincere regret, felt constrained to accept it.

And they desire, in this public official report, to bear testimony to his ability, faithfulness and success, and to acknowledge the debt of thanks which is due to him from this immediate community and the public, for his unselfish devotion, and his untiring and successful efforts to lay so broad the foundation, and so essentially to shape and direct so important an institution, and the great pleasure it has given them to witness, with him, the beneficent results of his labors. He retired from the office at his own request, while enjoying the respect and confidence of this board and the public.

Of his successor, it becomes us now, as he has but just entered upon the duties of the position, only to say, that it is no disparagement to the learning, skill or reputation of any one of the numerous candidates for the office, to remark that the Trustees, after the most patient, careful and widely extended inquiry, have selected and appointed one whose thorough

classical education, his long and large experience in the care and oversight of insane asylums, his extensive acquaintance with the management of similar institutions in this and in foreign countries, his acknowledged ability and influence as a writer and author, his age and well established professional reputation at home and abroad, have secured for him the unanimous vote of this Board, in the full conviction that he possesses, in an eminent degree, peculiar qualifications for this most responsible position, and which give assurance of his ability not only to maintain, but to increase and advance the usefulness and already acquired high and enviable reputation of this great public charity.

Of the Assistant-Physician, Dr. C. K. Bartlett, the Trustees cannot omit to say, that by his long and faithful services in that capacity, and who in the interval between the resignation of Dr. Prince and the appointment of Dr. Earle, as temporary Superintendent, assumed and managed well all the affairs of the institution, he has earned and received our increased confidence and respect; and we desire to express our high sense of his readiness to remain in the position which he has hitherto occupied with the former Superintendent, and that he so cordially welcomes the present Superintendent, and coöperates so harmoniously with him.

We can form no reliable opinion as to the amount of the receipts being equal to the expenses for the coming year—so many contingencies entering into the account, which cannot be foreseen or provided for in advance. We can only give assurance that every effort will be made to manage every department so as to secure the greatest possible economy and efficiency, and to promote, in the broadest and most comprehensive sense, the humane and benevolent objects of the institution.

Respectfully submitted.

ELIPHALET TRASK,
EDWARD DICKINSON,
S. M. SMITH,
WALTER LAFLIN,
EDWARD HITCHCOCK,

Trustees.

OCTOBER 1, 1864.

TREASURER'S REPORT.

To the Trustees of the Northampton Lunatic Hospital:

The Treasurer respectfully submits the following statement of the Receipts and Expenditures for the year ending September 30, 1864:

RECEIPTS.

Balance in hands of Treasurer Sept. 30, 1863, .	\$300 89
Received for board of private patients, . . .	19,418 52
for board of town paupers,	7,428 62
for board of State paupers,	38,194 01
on sundry accounts,	546 40
for animals and produce of farm sold,	2,275 37
for houses sold,	1,025 00
for appropriation,	9,888 31
of W. H. Prince, Treasurer,	944 35
Borrowed of banks,	4,000 00
	<hr/>
	\$84,021 47

PAYMENTS.

For provisions and supplies,	\$24,948 22
fuel,	8,153 85
gas and oil,	2,198 42
wages and salaries,	12,049 14
furniture,	742 76
dry goods and clothing,	5,928 33
contingencies,	2,603 10
farm,	2,788 80
farm stock,	2,671 08

For repairs,	\$2,420 86
general improvements,	1,123 31
appropriation,	6,280 00
advancements,	104 25
miscellaneous,	1,034 94
banks,	10,000 00
Balance in hands of Treasurer,	974 41
	<hr/>
	\$84,021 47

S. M. SMITH, *Treasurer.*

The Committee appointed to audit the accounts of the Treasurer have attended to the duties assigned them, and report that they have examined the books and accounts of the Treasurer, and find proper vouchers for all entries made.

ELIPHALET TRASK.
WALTER LAFLIN.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Northampton Lunatic Hospital :

GENTLEMEN,—Another fiscal year of this hospital having expired, the undersigned respectfully presents the annual report required by the statutes of the State, as well as by the by-laws of the institution.

The date of my first connection with the hospital is so recent, that you will not expect either so extensive or so detailed a discussion of its affairs as would be proper under other circumstances.

The general statistics for the year are contained in the following table :

	Men.	Women.	Total.
Patients in hospital Sept. 30, 1863, .	167	216	383
Admitted in course of the year, .	48	45	93
Whole number in course of the year, .	215	261	476
Discharged, including deaths, . .	71	71	142
Remaining Sept. 30, 1864, . . .	144	190	334

Condition of the patients discharged :

Recovered,	30	18	48
Improved,	20	18	38
Unimproved,	4	5	9
Died,	17	30	47
Monthly average of patients in hospital,	—	—	358½

Of the patients discharged, nine men were admitted for delirium tremens, or habitual intemperance, and not for insanity proper. Six of them are reported among the *recovered* and three among the *improved*.

The number of recoveries, although larger than in any former year since the opening of the hospital, does not constitute a large percentage upon the whole number of patients. This arises from the fact, well known to all who are conversant with the affairs of this hospital, that a very large majority of the patients were suffering under chronic mental disorder, many of them having been inmates of one or two other hospitals, whence they were transferred to this institution as incurables.

Of the three hundred and thirty-four patients remaining this day in the hospital, not one in ten presents any reasonable probability of recovery. Hence we have no very encouraging prospect for cures among those who are now here. The principal object must be to render their residence as comfortable and as pleasant as circumstances will permit, and by a proper regimen, both physical and mental, to prevent as far as possible, any farther deterioration of their condition.

To those who, laboring under recent attacks of insanity, may hereafter be intrusted to the protection and care of this hospital, are presented the advantages of one of the most beautiful and salubrious locations, of pleasant and well-ventilated apartments, and of a sufficient variety of these facilities for exercise, recreation, amusement and mental entertainment which constitute the means for what is called "moral treatment." To the prospective patients of this class we look with confidence for the usual proportion of cures.

Among those who were discharged "improved," were some who, could they have remained a sufficient time under treatment, would doubtless have returned to their families and friends "recovered." It is always unpleasant to the physicians of a hospital to see a patient taken from their care when the advantages of treatment have just begun to be manifested, and thus present a justifiable foundation for the belief of ultimate success. But the greatest evil of the proceeding falls upon the patient himself, and, next to him, upon his relatives, friends or guardians.

By a consultation of the table of "Causes of death," it will be perceived that nearly all the mortality of the past year has arisen from chronic disorders. Of the patients who died, 31 were State paupers, 5 town paupers, and 11 boarders. Thus the great mass of fatal cases were among those who had long

been insane, and whose constitutions had been broken down by disease. Thirty-four of them had been in the hospital more than one year, fifteen of them more than five years. One patient was more than eighty years of age at the time of decease, and two others between seventy and eighty years.

There has been but very little acute disease, at any time in the course of the year. Although dysentery prevailed to a somewhat alarming extent, in this vicinity, during the unusually warm weather of the summer just gone by, yet there were but two or three cases in the hospital, and those were so slight in severity, and so amenable to treatment, that they were readily restored by the ordinary remedies.

Of the three hundred and thirty-four patients now in the house, one hundred and forty-three are Americans, and one hundred and ninety-one foreigners. Seventy-three are boarders, forty-five town paupers, and two hundred and sixteen State paupers.

The usual tables of statistics in relation to other points in the history of the patients, will be found in the Appendix.

IMPROVEMENTS.

The alterations in the apparatus for heating the hospital building, for which an appropriation was made by the last legislature, were begun in the early part of the summer, and are now far advanced towards completion. So far as an opinion in regard to the results can now be formed, it appears that a greater quantity of heat will be generated with a less quantity of fuel, and that the heat will be much more uniformly distributed than it was under the former system.

The new apparatus is put in by George Dwight, Jr. & Co., of Springfield. Three tubular boilers, sixteen feet long by four feet in diameter, are substituted for the four old flue boilers, which were twenty-eight feet in length by four feet in diameter.

From experience with the new ones hitherto, it is believed that one of them will generate nearly twice as much steam as one of the old ones.

Under the former system, the radiators were placed in air-chambers in the basement of every section of the wings, and the heated air ascended thence, by flues, into the halls and dormitories.

By Mr. Dwight's plan, a part of the radiators are placed in the main supply-flue of air running from the fan to the air-chambers, and the rest are in the halls. Hence there will be a *general* supply of heat from the former, and a *local* supply from the latter.

The contractors have full confidence that the whole building will be thoroughly warmed, while some of the disadvantages of the former method will be obviated.

The arrangements for supplying the buildings with water from the spring upon the premises have been completed, and are now working well. The capacity of the spring to furnish a sufficient quantity of water for all needful purposes, at both the house and the out-buildings, has been pretty thoroughly tested and proved. Throughout the almost unprecedented drouth of the past summer it did not fail; and hence it may be assumed, with a certainty nearly positive, that it will suffice for any future drouth.

Besides the usual progress in the reclamation of untilled land, stone under-drains have been made by the farmers and patients to an extent which, if done by contract, or by labor procured for the special purpose, would probably have cost one hundred dollars.

During the last six weeks, one attendant and several patients have been employed in cutting the underbrush and felling some of the trees in the wood at the north and north-west of the hospital, thus converting it into a more agreeable grove for the benefit of the male patients, similar to that which is east of the house and resorted to by the females.

PRODUCTS OF THE FARM.

The early potatoes proved a partial failure in consequence of the dry weather; but, aside from this, the crops furnished at least an average yield. The house has been supplied through the summer with vegetables grown upon the premises, and Mr. Wright, the Farmer, has made the subjoined estimate of the products now on hand. In regard to some of them this estimate is necessarily merely approximative, because the crops are still in the field. A considerable part of the hay is from grass bought standing, off the premises. The hay *grown upon the farm* is estimated at forty tons.

140 tons hay,	\$3,500 00
10 " corn fodder,	50 00
$\frac{1}{2}$ " oat straw,	3 75
4,200 cabbages,	252 00
900 bushels carrots,	450 00
1,500 " potatoes,	1,125 00
1,625 " turnips,	325 00
725 " beets,	217 50
30 " broom corn seed,	10 50
200 " corn,	300 00
25 " oats,	25 00
10 " buckwheat,	12 50
200 " onions,	400 00
2 " seed beans,	10 00
40 barrels apples,	80 00
6 " cider,	24 00
500 pounds broom brush,	62 50
4,000 " winter squash,	80 00
Total,	<u>\$6,927 75</u>

THE SEWING ROOM.

A large part of the labor within doors which is performed by patients, is in the daily routine of domestic duty which leaves no tangible results. But in the sewing room, besides the necessary mending of clothes, the following garments and articles of household furniture have been made :

Gowns,	351	Under vests,	2
Chemises,	163	Sheets,	604
Nightgowns,	8	Pillow-cases,	482
Skirts,	181	Bed-ticks,	68
Aprons,	62	Pillow-ticks,	12
Sun-bonnets,	25	Napkins,	36
Capes,	4	Rollers,	43
Waists,	2	Towels,	336
Shirts,	224	Tablecloths,	8
Pantaloon,	4	Curtains,	9
Jackets,	10	Clothes-bags,	7
Coats,	2	Ox-blankets,	2
Sacks,	6	Drawers, pairs,	23
Collars,	36	Stockings, "	173
Caps,	9	Suspenders, "	29
Handkerchiefs,	69	Mittens, "	5

In closing this brief review of the affairs of the hospital, I gladly seize the opportunity to acknowledge the honor conferred upon me by placing in my hands the immediate superintendence of the institution under your care,—an institution the offspring of a Christian age and a monument of the benevolence and beneficence of a liberal, enlightened and philanthropic people.

The responsibility has been received not in ignorance of its magnitude, regarded simply in the extent of the hospital, nor yet without a consciousness of the fact that to make such a hospital all that it ought to be, as the custodian and protector of its inmates, the conservator of their bodily health and the promoter of their mental restoration, the requisite amount of labor is such that the position is not a sinecure, but a post of unrelenting toil. That its burden will be lightened by your counsel, approbation and support in every measure for the true welfare of those for whose benefit the hospital was founded, no assurance is required.

To Dr. Bartlett, who for several months had successfully acted as Superintendent, and from whom I immediately received the trust, I am much indebted for that assistance which an intimate knowledge of the establishment enabled him to render, and for a cordial co-operation which took from the trials of a new position the larger part of their severity.

The Supervisors, occupying places of great importance in the management of the internal affairs of the institution, are vigilant and faithful, and the corps of attendants industrious and efficient.

Thus situated, we look forward to the coming year in the confident trust that an earnest endeavor on the part of all concerned in the performance of the duties of the hospital, to perform those duties aright, will be followed by results beneficial to the patients, satisfactory to themselves, not discreditable to the Commonwealth, and not displeasing to the blessed Father who watcheth over all.

PLINY EARLE, *Superintendent.*

SEPTEMBER 30th, 1864.

APPENDIX.

TABLE No. 1,
Showing the Supposed Causes of Insanity.

SUPPOSED CAUSES.	Males.	Females.	Total.
Fright,	—	1	1
Overwork,	1	1	2
Intemperance,	20	—	20
Epilepsy,	8	—	8
Loss of property,	—	2	2
Religious excitement,	1	—	1
Ill health,	2	5	7
Old age,	—	1	1
Puerperal,	—	3	3
Death of friend,	1	1	2
Unknown,	15	31	46
Totals,	48	45	93

TABLE No. 2,
Showing the Occupations of the Male Patients.

Artist, 1	Students, 2
Merchants, 7	Laborers, 11
Clerks, 6	Reporters, 2
Minister, 1	Joiners, 2
Farmers, 10	Manufacturers, 3
Armorer, 1	Soldier, 1
Mason, 1	Total, 48

TABLE No. 3,
Showing the Civil Condition of the Patients admitted.

CIVIL CONDITION.	Males.	Females.	Total.
Married,	30	12	42
Widowed,	2	8	10
Single,	13	23	36
Unknown,	3	2	5
Totals,	48	45	93

TABLE No. 4,
Showing the Ages of all admitted during the year.

	Males.	Females.	Total.
Between 10 and 20 years,	3	2	5
20 and 30 years,	8	19	27
30 and 40 years,	12	4	16
40 and 50 years,	9	7	16
50 and 60 years,	9	7	16
60 and 70 years,	6	5	11
Over 70 years,	1	1	2
Totals,	48	45	93

TABLE No. 5,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20 years,	6	4	10
20 and 30 years,	6	16	22
30 and 40 years,	6	4	10
40 and 50 years,	5	6	11
50 and 60 years,	4	1	5
60 and 70 years,	1	1	2
Over 70 years,	—	1	1
Unknown,	20	12	32
Totals,	48	45	93

TABLE No. 6,
Showing the Duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	8	14	22
From 1 to 2 years,	5	3	8
2 to 5 years,	2	6	8
5 to 10 years,	3	—	3
10 to 15 years,	3	2	5
Fifteen years and over,	2	6	8
Unknown,	25	14	39
Totals,	48	45	93

TABLE No. 7,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Paralysis,	3	1	4
Pneumonia,	1	—	1
Phthisis,	3	16	19
Chronic diarrhœa,	1	1	2
Exhaustion,	2	1	3
Marasmus,	3	9	12
Strangulated hernia,	1	—	1
Disease of stomach,	1	—	1
Epilepsy,	2	1	3
Typhamania,	—	1	1
Totals,	17	30	47

TABLE No. 8,
Showing the last Residence of the Patients admitted during the year.

COUNTIES.	Males.	Females.	Total.
Hampshire County,	11	15	26
Hampden County,	12	15	27
Franklin County,	2	9	11
Berkshire County,	6	3	9
Middlesex County,	1	—	1
Worcester County,	2	—	2
Other States,	14	3	17
Totals,	48	45	93

TABLE No. 9,

Showing the number of Patients remaining at the end of each Month.

MONTHS.	Males.	Females.	Total.
October 31, 1863,	165	208	373
November 30, 1863,	164	207	371
December 31, 1863,	159	198	357
January 31, 1864,	158	203	361
February 29, 1864,	156	202	358
March 31, 1864,	159	201	360
April 30, 1864,	160	199	359
May 31, 1864,	160	199	359
June 30, 1864,	160	199	361
July 31, 1864,	161	200	358
August 31, 1864,	157	201	352
September 30, 1864,	144	190	334

Average, 358½.

TABLE No. 10,

Showing the Proportion of Commitments.

Committed by Judges and Courts,	33
Overseers of Poor,	7
Board of State Charities,	4
Friends,	49
Total,	93

TABLE No. 11,
Showing by whom the Patients will probably be supported.

Supported by State,	24
Towns,	18
Friends,	51
Total,	93

TABLE No. 12,
Showing the Nativity of the Patients.

NATIVITY.	Males.	Females.	Total.
America,	42	34	76
Ireland,	6	11	17
Totals,	48	45	93

NORTHAMPTON LUNATIC HOSPITAL.

I hereby certify that the following is a correct statement of the condition of the affairs of this institution, and of the business transacted for the year ending September 30th, 1864, as shown by the account books.

Amount of annual appropriation for the current year unexpended,	\$974 41
Amount of liabilities,	13,945 68
Value of real estate on the 30th Sept., 1864, as appraised by Trustees,	227,500 00
Value of personal estate on the 30th Sept., 1864, as appraised by ———,	44,284 01
Amount of special appropriation made in 1864, unexpended,	
Amount of expenditures for salaries and current expenses for the year,	63,222 89
Amount for repairs and extraordinary expenses for the year,	19,824 17
Amount of cash drawn from the State treasury, including cash on hand, Oct. 1, 1863, . . .	48,383 21
Amount received from other sources,	35,638 26

PLINY EARLE,

Superintendent.

ASSETS.

1. Real estate :

180 acres of land,	\$16,000 00
Hospital building,	200,000 00
Large barn,	5,000 00
Horse barn,	2,000 00
Spring pump-house,	1,000 00
River pump-house,	500 00
Bowling alley,	1,000 00
Farm house,	2,000 00
	<hr/>
	\$227,500 00

2. Personal estate :

Live stock on farm,	\$4,934 00
Produce of farm on hand,	6,927 75
Carriages and agricultural implements,	1,220 00
Machinery and mechanical fixtures,	10,186 00
Beds and bedding in inmates' department,	7,994 70
Other furniture in inmates' department,	5,601 01
Personal property of State in Superintendent's rooms,	1,470 99
Ready-made clothing,	830 25
Dry goods,	530 14
Provisions and groceries,	1,759 17
Drugs, medicines, &c.,	275 00
Fuel,	2,125 00
Library,	430 00
	<hr/>
	\$44,284 01

RECEIPTS.

Amount of annual appropriation

for 1864, \$38,194 01

Amount of unexpended appropriation

for 1863, transferred to 1864, 300 89

Amount of special appropriation, . 9,888 31

Total of appropriations received, . . . \$48,383 21

Amount received from all other sources, viz.:

From private board,	\$19,418 52
town board,	7,428 62
sundry accounts,	546 40
animals and produce of farm sold, .	2,275 37
houses sold,	1,025 00
W. H. Prince,	944 35
loans,	4,000 00
Total receipts,	<u>\$84,021 47</u>

CURRENT EXPENDITURES.

1. Salaries, wages and labor:

W. H. Prince, <i>Superintendent</i> , .	\$800 00
W. H. Prince, <i>Treasurer</i> , .	150 00
C. K. Bartlett, <i>Temp'y Super't</i> , .	400 00
C. K. Bartlett, <i>Ass't Physician</i> , .	505 00
S. M. Smith, <i>Treasurer</i> , .	75 00
F. L. Eldredge, <i>Clerk</i> , .	125 00
C. M. Moody, " .	236 67
Asa Wright, <i>Farmer</i> , .	570 83
Newman Taylor, <i>Farm hand</i> , .	122 97
Andrus Allen, " .	253 00
Stiles Smith, " .	207 12
John Atchison, " .	156 00
D. E. Heath, " .	208 96
F. Colton, " .	54 00
E. W. Strong, <i>Carpenter</i> , .	411 50
George W. Taylor, <i>Engineer</i> , .	570 00
Wilson Spear, <i>Ass't Engineer</i> , .	199 00
F. H. Gilbert, " .	296 26
Charles Zichlke, <i>Baker</i> , .	338 00
F. J. Rice, <i>Cook</i> , .	360 00
L. P. Strong, <i>Kitchen hand</i> , .	24 00
E. D. Strong, " .	60 00
Jerusha Howe, " .	142 28
Julia Bemis, " .	123 00
Lydia Osgood, " .	128 00
Helen W. Lee, <i>Laundress</i> , .	160 40
Angeline Whitbeck, " .	160 40

Sarah R. Phelps, <i>Seamstress</i> ,	.	\$156 25
Jane L. Rice,	" .	38 13
Fidelia Bradford, <i>Care of rotunda</i> ,	.	92 87
Sarah McCue, <i>House-maid</i> ,	.	119 44
H. H. Rand, <i>Supervisor</i> ,	. .	301 00
J. B. Davis, <i>Attendant</i> ,	. .	38 96
J. E. Warfield,	" . .	91 04
Lanson Drury,	" . .	85 00
James O'Neil,	" . .	178 67
Alonzo Phillips,	" . .	134 25
Walter Winter,	" . .	119 06
S. H. Keith,	" . .	28 76
John Algard,	" . .	57 80
Perry Davis,	" . .	139 33
W. H. Robinson,	" . .	146 77
L. M. Blodgett, <i>Watchman</i> ,	.	222 00
Dwight E. Sanford, <i>Attendant</i> ,	. .	163 06
Jeremiah Shufelt,	" .	157 97
John L. Fish,	" .	110 94
Edwin T. Hervey,	" .	157 00
S. A. Wilson,	" .	52 88
M. D. Fletcher,	" .	78 76
George Loyd,	" .	101 25
Edwin Whitmore,	" .	120 00
D. W. Beals,	" .	43 63
Morgan H. Arnold,	" .	26 87
A. M. Knight,	" .	26 87
Abby P. Burnham, <i>Supervisor</i> ,	. .	146 63
Julia A. Buxton,	" .	59 98
Mary A. Williams,	" .	117 32
Lizzie M. Quimby, <i>Attendant</i> ,	. .	38 66
E. C. Moulton,	" .	130 00
Lydia H. Carey,	" .	65 33
Louisa Dodge,	" .	130 00
Sarah W. Anderson,	" .	130 00
A. Maria Norris,	" .	130 00
S. Frances Norris,	" .	130 00
Agnes S. Wilson,	" .	130 00
Sarah Lovering,	" .	124 00
Julia A. Cook,	" .	130 00

Elida Stowell, <i>Attendant</i> , . . .	\$20 00
Roxa A. Angier, " . . .	130 00
Hattie M. Ormsby, " . . .	127 33
A. F. Harris, " . . .	36 66
Marion S. Conner, " . . .	81 95
Sarah C. Tyler, " . . .	71 67
Carrie Sawin, " . . .	45 20
Mary E. Barr, " . . .	32 70
Paid for labor,	215 76

Total for salaries, wages and labor, . . . \$12,049 14

2. Provisions and supplies :

Meats of all kinds, . . .	\$5,482 54
Fish of all kinds, . . .	689 51
516 bbls. flour, . . .	3,892 23
Meal for table, . . .	694 19
Tea and coffee, . . .	1,024 75
Sugar and molasses, . . .	3,062 22
Milk, butter and cheese, . . .	2,986 41
All other provisions and supplies, . . .	6,782 89

Total for provisions and supplies, . . . \$24,614 74

3. Clothing and dry goods,	5,928 33
4. Fuel and lights,	10,352 27
5. Medicines and medical supplies, . . .	333 48
6. Furniture, beds and bedding, . . .	742 76
7. Farm,	2,788 80
8. Farm stock,	2,671 08
Miscellaneous expenses,	3,742 29

Total current expenditures, . . . \$63,222 89

EXTRAORDINARY EXPENDITURES.

1. Balance of cost between old and new boilers, .	\$3,126 50
2. Paid for re-setting boilers and steam pipe, .	3,153 50
3. General repairs, painting, varnishing, carpentering, &c.,*	2,420 86

*Part of this amount was for *ordinary* repairs, but it was impossible to separate the two.

4. Miscellaneous expenditures,	\$1,123 31
5. Loans,	10,000 00
	<hr/>
	\$19,824 17

LIABILITIES.

Elisha Graves, for grass,	\$120 00
Henry Strong, "	54 00
J. C. Clark, "	50 00
Town of Northampton, for grass,	80 00
C. Clarke, Trustee, "	108 00
J. L. Lathrop, "	150 00
C. E. Bartlett, "	158 75
Miscellaneous bills, as per vouchers,	7,547 31
1st National Bank of Northampton,	4,000 00
Salaries and wages unpaid,	1,677 62
	<hr/>
Total liabilities,	\$13,945 68

CASH.

Dr.

To Cash on hand, Oct. 1, 1863, \$300 89	
drawn fr. State treas'y, 48,082 32	
received from sale of	
produce and animals, 2,275 37	
rec'd from other sources, 33,362 89	
	<hr/>
	\$84,021 47

Cr.

By amount expended—

For salaries, wages, &c.,	\$12,049 14
For provisions, supplies, drugs,	
fuel and lights,	35,300 49
For clothing and furniture,	6,671 09
For repairs and improvements,	9,824 17
For farm,	5,459 88
For miscellaneous expenses,	3,742 29
For loans,	10,000 00
By balance on hand, September	
30, 1864,	974 41

\$84,021 47

SUMMARY OF THE ABOVE.

Total Receipts,	\$84,021 47
Total Expenditures,	83,047 06
Cash on hand,	974 41
Total Liabilities,	13,945 68
Total Debts due the Institution,	12,207 40
Balance of Liabilities,	1,738 28

I consider the expenses of the institution, for the year 1863-4, to have been \$63,222.89.

During the year my average number of inmates has been 358½.

Dividing the current expenses by the average number of inmates, gives an average annual cost of . \$176 35

And an average weekly cost of *3 39

PLINY EARLE, *Superintendent.*

We have examined the above statement, and believe it to be correct.

ELIPHALET TRASK,
EDWARD DICKINSON,
S. M. SMITH,
WALTER LAFLIN,
EDWARD HITCHCOCK,

Trustees.

*The cost of *ordinary repairs* included under the head of *extraordinary repairs*, would probably make the average weekly cost \$3.50.

LIST OF SALARIED OFFICERS, AND THEIR SALARIES.

Pliny Earle, M. D., <i>Superintendent</i> , . . .	\$1,600 00
S. M. Smith, <i>Treasurer</i> ,	300 00
C. K. Bartlett, M. D., <i>Assistant Physician</i> , .	700 00
C. M. Moody, <i>Clerk</i> ,	500 00
Asa Wright, <i>Farmer</i> ,	600 00
George W. Taylor, <i>Engineer</i> ,	600 00
	<hr/>
	\$4,300 00

Number of other Persons actually employed in the Hospital.

OCCUPATIONS.	Males.	Females.	Total.
Subordinate Officers,	2	3	5
General Attendants,	10	12	22
Special Attendants,	2	1	3
Assistant Seamstress,	—	1	1
House work, centre building,	—	2	2
In kitchen,	2	3	5
In laundry,	—	2	2
Watchman,	1	—	1
Carpenter,	1	—	1
Assistant Engineer,	1	—	1
Hostler,	1	—	1
Farm Hands,	3	—	3
	<hr/>	<hr/>	<hr/>
Total,	23	24	47

TENTH ANNUAL REPORT
OF
THE TRUSTEES
OF THE
STATE LUNATIC HOSPITAL
AT NORTHAMPTON.

OCTOBER, 1865.

BOSTON:
WRIGHT & POTTER, STATE PRINTERS,
No. 4 SPRING LANE.
1865.

Commonwealth of Massachusetts.

TENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

*To His Excellency the Governor of the Commonwealth, and the
Honorable Council.*

The undersigned, Trustees of the Northampton Lunatic Hospital, hereby present to you the Tenth Annual Report of the institution intrusted to their supervision and direction.

Not unmindful of the importance of this trust, of the powers which it delegates, the duties which it requires, and the responsibilities which it imposes, we have endeavored so to direct our action that the welfare of the hospital and of its inmates should be promoted, the interests of the Commonwealth subserved, and the cause of beneficence advanced.

Our regular monthly meetings have all been held, and most of them attended by all or nearly all, of the members of the Board. At each of these times we have passed through all the halls occupied by the patients, and inspected them as thoroughly as circumstances required. We have gained from the monthly reports of the Superintendent a knowledge of the current changes of the household, as well as of such other

matters pertaining to the establishment as were of importance or of interest. Some of our members have regularly visited and examined other departments of the building, as well as the outbuildings and the farm. It is believed that we have been informed of everything in the management and the operation of the hospital which, by virtue of our office, rightfully ought to come to our knowledge. We have suggested some alterations and improvements, have approved of others proposed by the Superintendent, and have carefully watched and inspected the pecuniary affairs of the institution. These are examined at each of our monthly meetings, and audited at the close of the year.

During the interval between our regular meetings, several visits have generally been made to the hospital by some member or members of the Board. Upon these unanticipated visits we have inspected the halls, sometimes alone, and sometimes accompanied by one of the officers. We have always found them in a satisfactory condition.

It will be recollected that the date of our last Report was at a period shortly after a change had been made in the chief officer of the hospital. Such changes are always important, because they are experimental. The tried is left for the untried ; the known for the unknown.

Under these circumstances, it is gratifying to be able to report that throughout the year, the Superintendent has performed his duties with great fidelity, and to our entire satisfaction. The expectations induced by the high estimate of his qualifications for the full discharge of the responsible duties devolving upon him, as expressed in our last Report, have been fully realized ; and we are confident that his administration of the affairs of the hospital will redound to the credit of the Commonwealth, and aid in the advancement of the cause of humanity. We ask your attention to his report, hereto appended, for the details of the operation of the hospital during the year.

It gives us much satisfaction to report that, notwithstanding all the discouragements of the earlier part of the year, we have arrived at its close without financial embarrassment. And not only so, but the prospect now is, that, by the practice of a guarded but thrifty economy, the hospital will be able to meet

its current expenses for the ensuing year from its legitimate means, and without special appropriations. Such economy it is the intention of this Board to enforce ; so that, while all the inmates of the hospital shall be made comfortable, there shall be no imprudent or excessive expenditure, and as little waste as possible. It will be perceived that measures in accordance with this policy have been put in force by the Superintendent. The course which he has pursued, in the many checks upon disbursement, and the careful husbanding of resources, has given us great satisfaction, and has had an important effect upon the financial condition of this institution.

Some improvements in the details of internal structure of the building have been made, and some alterations in that polity of the house which embraces the disciplinary regulation of both the patients and the people employed. These, as we believe, have materially contributed to the perfecting of the hospital, and to the comfort and true welfare of its inmates.

The farm is well managed, and continues to improve from year to year. Its products in value exceed its expenditure, and it is becoming more and more a source of income, at the same time that it furnishes wholesome and remedial occupation to the patients, and ample space for exercise and recreation, with an agreeable variety of lawn and field, grove, meadow and forest.

The supply of water is abundant, and of the finest quality. Although the hospital has thus far been subjected to great disadvantages from the number of incurables who have, from the necessities of the State, been accumulated in it, yet we are induced to believe that the time is not far distant when those disadvantages will be diminished. Judging of the future by our knowledge of the past, the cases of mental disorder will multiply in a ratio at least as great as the increase of population. It may reasonably be expected that with this increase there will be a corresponding augmentation in the number of recent cases received here. The hospital in its organization, its appointments, and all its management, is conducted as a curative institution. For beauty and salubrity of situation it is unrivalled. In the means for medical treatment and moral management it is well supplied ; and these means are constantly increasing. If well conducted, it will not fail always

to attract its due proportion of those cases for which, in the benevolence and liberality of the Commonwealth, it was established.

A statement of the financial condition of the hospital will be found in the report of the Treasurer.

The accounts have been audited and approved.

Commending the institution with all its interests to the watchful and protective guardianship of the government, this Report is respectfully submitted.

WALTER LAFLIN,
S. M. SMITH,
E. H. SAWYER,
E. HITCHCOCK,
ELIPHALET TRASK,
Trustees.

NORTHAMPTON, October 1st, 1865.

TREASURER'S REPORT.

To the Trustees of Northampton Lunatic Hospital.

The Treasurer respectfully submits the following statement of the Receipts and Expenditures for the year ending September 30th, 1865 :

RECEIPTS.

Balance in hands of Treasurer, Sept. 30, 1864,	\$974 41
Received for board of private patients, . . .	19,053 79
for board of town paupers, . . .	6,446 65
for board of State paupers, . . .	41,135 90
on sundry accounts, . . .	348 78
for animals and produce of farm sold, . . .	2,345 85
for appropriation, . . .	8,873 50
Borrowed of banks, . . .	6,000 00
	\$85,178 88

PAYMENTS.

For provisions and supplies, . . .	\$23,894 68
fuel, . . .	*17,493 08
gas and oil, . . .	1,784 25
wages and salaries, . . .	12,571 93
furniture, . . .	1,083 87
clothing and dry goods, . . .	3,545 83
contingencies, . . .	3,552 20
farm, . . .	3,713 37
farm stock, . . .	2,142 77

* A considerable portion of this amount was for coal consumed in 1863-4, and for the amount we have on hand at present. The actual cost for coal consumed during the year was about \$12,000.

8 LUNATIC HOSPITAL AT NORTHAMPTON. [Oct.

For farm wages,	\$1,211 14
repairs,	2,846 63
appropriation,	6,529 46
miscellaneous,	150 90
To banks, borrowed money,	4,000 00
Balance in hands of Treasurer,	658 77
	<hr/>
	\$85,178 88

S. M. SMITH, *Treasurer.*

The Committee appointed to audit the accounts of the Treasurer have attended to the duties assigned them, and report that they have examined the books and accounts of the Treasurer, and find proper vouchers for all entries made.

WALTER LAFLIN.
E. H. SAWYER.
ELIPHALET TRASK.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Northampton Lunatic Hospital:

GENTLEMEN,—The expiration of another official year of this hospital brings with it the duty of presenting to you an exposition of the proceedings of the institution during the twelve-month just expired.

At the time of the report for the fiscal year 1863-4, my connection with the institution had been so brief, that but little attempt was made minutely to exhibit the details of the history of the year embraced by that report, other than by the usual statistical tables required by the statutes of the Commonwealth; and as much the larger part of these statistics accrued before my appointment, they belong to my predecessors rather than to me.

Even at the present time, — although the additional experience of a year of somewhat attentive observation has given a more nearly thorough knowledge of the status of the hospital, its advantages and its defects, its possessions and its needs, its operation and its capabilities, — it is intended to enter no farther into the subject than briefly to indicate the results of the year, the method of treatment, and some of the changes which have been made.

And here, even so near the beginning, you will, perhaps, permit an expression of satisfaction altogether beyond anticipation at the year's results. At its commencement, the sum paid for the support of the State beneficiaries was very considerably below the actual costs, while the prices of all supplies, whether of food, of clothing, of household furniture or of other articles were still upon the increase. Under these circumstances the prospect was anything but encouraging, even for success in the

attempt to meet the absolutely necessary current expenses of the institution, and particularly so for keeping the establishment in ordinary repair, or introducing any of the improvements of which it might be susceptible. But by the liberal action on the one hand, of the legislature, in raising more nearly to the actual cost, not only prospectively but, to a certain extent, retrospectively, the sum paid for the recipients of the bounty of the Commonwealth, and, on the other, by an influx of an unusually large number of boarders at a high price, the discouragements and the anxieties arising from the pecuniary situation have vanished, and the ability has been gained to make some progress in the way of permanent improvements. In this point of view, then, the operations of the year may fairly be pronounced successful. The farm has been improved; the buildings are in better repair and more completely adapted to that orderly, systematic working which is the beauty, not to say the glory, of a hospital, than they were at the beginning of the year; and the means for the comfort of the inmates have been increased; while no debt has been incurred beyond the ability of the hospital to liquidate from its current sources of support.

Although designed by one of the ablest and most experienced of all American superintendents of similar institutions, and erected by munificent appropriations from the treasury of the State, yet from its magnitude, its newness, and the peculiar disadvantages under which, in some respects, it has labored, it was not to be expected that this hospital, at the time of my first connection with it, could have been perfected. It still lacked many of the facilities, — minor in size but not necessarily so in importance, — for prudent, economical, easy, quiet, harmonious, and efficient action. Many of these deficiencies still exist, while others, as already hinted, have been supplied. It may not be amiss to mention a part of the latter.

In the basement, the store-room for groceries, consisting of one arched section, has been enlarged by including other sections, to three times its former size, and furnished with fixtures appropriate to its uses. A doorway made in the outer wall gives direct access to it from without, thus greatly facilitating the reception and deposit of supplies. The room now furnishes ample and convenient space for meats and fish, as well as for sugar, molasses, and other groceries.

Another room, consisting of two arched sections, has been partitioned off by masonry and carpentry, for coarser supplies, such as soap, lime, cement, &c., &c.

A third room, similarly made and including three arches, is used in part as a paint-room and in part for lumber and carpentry.

A fourth room, inclosed in like manner, is a deposit for charcoal; and a fifth, which needed but the filling up of one arch by carpentry, is used as a work-shop by the engineer.

The room formerly used as a second carpenter's shop, has been permanently inclosed by filling two arch-ways with masonry, and so fitted up within as to render it a more convenient, comfortable, and pleasant working-place, where one of the patients mends the hoes, rakes, and other farming-tools and implements, and does many other jobs which would otherwise devolve upon the carpenter.

The six elevators or dumb-waiters, — three for each wing, — formerly opening, unprotected in front, directly into the basement, have been inclosed with doors and casements.

Of the numerous doors communicating with the hot-air chambers and the cold-air chambers, nineteen have been furnished with tumbler locks, and the others with hooks and staples by which they are fastened on the inner side. By these means will be presented that facility of access to these many apartments which has sometimes been used to the detriment of the hospital, as well as of the comfort of its inmates.

The laundry has been separated from other parts of the rear building by a permanent partition of masonry and wood-work, and its entrance-door supplied with a lock different from every other in the house. This door is kept locked, except when persons are necessarily passing through, and the laundry thus becomes essentially a distinct and isolated department. The constant intercommunication which formerly existed between this and other sections of the building, constituting, in my view, one of the greatest defects of the hospital, has been mostly stopped.

The old washing-machine having been worn out, a new one of twice its size and capacity for work, has been procured at an expense of about seven hundred dollars. It is what is generally known as the "Shaker Machine," and is undoubtedly the

best of all washers for a large establishment. The manual labor in the laundry has been much diminished by its introduction.

The clothes-racks in the steam drying-room were upon wheels so slightly grooved that they were constantly dismounted from the rails, causing much annoyance and injuring both the racks and the floor. They have been supplied at an expense of about thirty dollars, with wheels so deeply grooved that they cannot be dismounted ; and they now work well.

A part of the second story of the rear building, including the sewing-room and the store-room for dry goods, has been separated like the laundry, from the other departments, by a permanent partition. By this means the sewing-room, in which it is intended that twenty patients shall constantly be employed, may be entirely isolated, and the objectionable intercommunication, similar to that above-mentioned, prevented. In the third story of the rear building the rooms on the south side have been rendered more comfortable by cutting ventilators in the walls between them and the entry.

In the centre building, the business office and the dispensary have been newly painted and papered. A large, new, chestnut book-case, made by the carpenter, has been placed in the former, and the capacity of the other cases nearly doubled by compacting the shelves and introducing new ones.

The case for medicines has likewise been much enlarged and so constructed as to give a more orderly arrangement to medicines and instruments, and to render the systematic distribution of medicines more easy.

In the rotundas of the second and the third stories, permanent plastered partitions, each about sixteen feet long, have been constructed, making entrance-halls to the Superintendent's apartments, and facilitating access to the bathing-rooms.

In the rotunda of the third story, a chestnut door-blind has been placed at the entrance of each of the upper halls for patients. These promote ventilation in warm weather, and render comfortable two of the formerly most uncomfortable parts of the patients' departments.

The doors opening into all the rotundas have been grained, in imitation of chestnut, thus giving a more cheerful aspect, by breaking the general monotony of white.

In the chapel, a large blackboard, sliding in an upright frame permanently fastened to the wall, has been placed behind the desk, for the purpose of rendering more easy, the illustration of lectures.

A considerable part of the furniture formerly in the Superintendent's departments belonged to Dr. Prince, and was consequently removed after his resignation. New furniture, the property of the hospital, has been purchased to the amount of several hundred dollars.

Aside from the above, about one hundred and forty chairs have been added to the number previously in the apartments occupied by the patients and the employees. The whole number of chairs now in the building is eight hundred and fifty-two; and, in obedience to the "ancient and honorable" maxim, "A place for everything and everything in its place," more than seven hundred of them have been marked and numbered so that it may readily be known in what hall or room each one properly belongs. Those which are not marked are in the centre building, where their proper places are sufficiently well known.

The system of lockage originally introduced into the hospital was, if I am not mistaken, devised by Dr. Bell. It was very simple, but in its practical working there were defects which certainly could not have been foreseen by its designer, for, otherwise, it may safely be asserted that it would never have been adopted. Its most prominent defects have been corrected by the introduction of about thirty new locks, most of them differing from any included in the original system.

Previously to October last, the only mechanical means of giving a general notice, signal or summons to the employees or the inmates of the hospital, was a gong-bell, the chief use of which was to call the officers when wanted; but it is not sufficiently large to be heard in all parts of the building. The only occasion on which it was rung for a general unity of purpose, or action, was that of services in the chapel.

Believing that a call for general consentaneous action upon other occasions would promote punctuality, order and systematic working, a steam-whistle,—that being much cheaper than a bell of the necessary size,—was placed above the engine-house and connected with one of the boilers; and since that time,

either this or the gong-bell has been regularly used for the announcement of—1st, the hour of rising from bed ; 2d, the breakfast hour ; 3d, dinner ; 4th, supper ; 5th, chapel ; 6th, hour for retiring to bed.

In addition to these, the whistle is sounded, in the warm season, half an hour before dinner, and the same time before supper, to call in the laborers who are at a distance upon the farm.

The hospital is lighted by gas, throughout, and no other lights excepting oil lamps in lanterns are allowed. The number of lanterns is forty-six. The gas fixtures are so numerous, and the burners generally so large, that constant care is required to prevent the unnecessary consumption of gas and a very heavy bill from this source. Some fixtures had been removed before my connection with the hospital, and twenty-eight burners have been taken down within the past year ; yet the number still remaining is five hundred and sixteen. Were they all kept burning, the annual cost of light would not be less than ten thousand dollars. By the removals mentioned—by fixing the hour for retiring at half-past nine instead of at ten o'clock, by a prohibition of some lights where they were not necessary, and by changing the hours for supper and for chapel exercises with the changing season, the consumption of gas has been materially diminished. The bills for the fiscal year 1864-5 are less by more than four hundred dollars than for the fiscal year 1863-4, or any one of the four preceding years. It is believed that a still further reduction can be made ; but, from the internal architectural arrangement of the building, it is doubtful that the expense of lighting can properly be brought to so low a point as at either of the other two State hospitals.

It having been found that very serious inconveniences arose from the custom of keeping the cupola open to visitors, it was closed in November last, greatly to the relief of our household, as well as to the promotion of that quietude and comparative isolation which are among the first necessities of a good hospital for the insane. The number of visitors in the warm season has thus been diminished more than one-half. Those who now come are persons having business to transact, or relations to visit, or some interest in the important purpose for which the hospital was erected. Such are always welcome.

Nor are they few. A record recently commenced, shows that during the last month, September, the number was upwards of five hundred. Comparatively few of these entered the halls occupied by the patients. We desire to treat those who are under our care as we, in their places, would like to be treated ; and certainly, under their circumstances, we should not want the halls to be open to the public.

INTERNAL ECONOMY—DISTRIBUTION OF SUPPLIES.

Having sufficient funds, it is no very difficult matter to purchase supplies for four hundred people ; but the problem of the distribution of them in such manner that there shall be the utmost possible minimum of waste, is somewhat difficult of solution. When visiting foreign hospitals, in the year 1849, I was much pleased with the perfection of the plan pursued at some of them, particularly that at Hanwell, near London, and that at Leubus, in the Prussian province of Silesia. The method recently introduced here is very similar.

The materials for clothing and for bedding are deposited in the sewing-room, and the seamstress is responsible for them. She keeps an account with the hospital, charging her department with the goods received, and crediting those which are delivered. No garment or bedding is made, and no article, whether of cloth, thread, buttons, or anything else delivered for consumption, except upon the order of the Superintendent. When delivered it is charged to the person, the hall, or the department requiring it. The garments and bedding are delivered to the dry goods store-room, and there credited to the sewing-room. The orders are preserved and, at certain periods, compared by the Superintendent and the Clerk, with the charges of the articles delivered.

The dry goods store-room is under the sole care of the Clerk. Here are deposited clothing of all kinds, bedding, crockery and glass ware, brooms, pails, brushes, and other household utensils. A regular account of debt and credit is here, as in the sewing-room, kept with the hospital ; and goods are delivered only upon an order. For all articles of cloth, earthen-ware, glass, tin, and some others, the order must be in writing and signed by the Superintendent. But a worn-out broom brought for deposit, is a sufficient order for a new broom ; an old pail,

for a new pail; a useless brush for a new brush. Every article delivered is charged, as in the sewing-room; and the orders are preserved and compared, as before mentioned, with the charges.

Thus, for all household supplies, excepting food, it can at any moment be shown precisely how much of each has been delivered, for any given period, to any patient, to the centre building, the rear building, or either one of the twenty-four halls occupied by patients.

The introduction of this system is not to be regretted. If it increases,—as it *does* increase,—the labor of the Superintendent, that labor is sufficiently compensated by the beauty of order which it produces. But, as may well be supposed by any person versed in such matters, the saving to the hospital, and consequently to the State, is by no means, inconsiderable; while the number of steps taken in the distribution of the supplies, is not one-quarter so great as it was before the plan was adopted.

OUT OF DOORS.

A coal-house, 80 feet by 25, has been erected beside the New Haven and Northampton Railroad, so near the rails as to receive the coal directly from the cars. It is here housed from storms until convenient times for the transportation of it to the house with the hospital teams.

A tract of nearly two acres of “peat meadow,” at the distance of about one and one-half miles from the hospital, has been purchased, for the purpose of obtaining “meadow mud” as a fertilizer and an absorbent of fertilizers. The deposit of vegetable matter in this tract is of unknown depth; but at the bottom of an excavation six feet deep, the handle of a rake may still be plunged its full length into the bed below.

MEDICAL HISTORY.

In calling your attention to the medical history of the year, it is but justice that I should remind you of the peculiar circumstances of this hospital, which, from the time of its opening, have made a very large majority of the persons admitted to it of the class of incurables. The size of the building being disproportionate to the population of the west-

ern section of the State, it has constantly been made the receptacle for the incurables of the other two hospitals, the halls of which are filled to overflowing from the cities and denser settlements of the east.

Of the one hundred and thirty-four patients admitted in the course of the year, no less than forty-four were transferred, by order of the Board of State Charities, from the institutions at Worcester and Taunton.

The recovery of any one of these is extremely doubtful. In September, 1864, the Secretary of the Board just mentioned was informed that only *seven* of the State patients then present were considered curable. As proof that the in-coming superintendent did not seek to magnify his embarrassments, it may be mentioned that only *four* have been discharged recovered; and the restoration of any more, after so long a trial, can hardly be expected.

In the course of the three months next preceding the time at which the above-mentioned information was given to Mr. Sanborn, an unusual number of the State beneficiaries had left the hospital cured, swelling the number of restorations for that official year, and leaving next to nothing upon which to base a hope for subsequent cures.

Again, town authorities in this section of the State appear but little disposed to bring their insane wards to the hospital, so long as they can be taken care of in the poor-houses or at their homes; and the same is too often true in regard to the families or friends of private boarders or pay patients.

It is but a few weeks since a man was received who had been insane forty years, and during the last eleven years had been chained by the leg to a staple in the floor of a room in the house of one of his relatives. He had never before been in a hospital.

For these and other reasons, of the whole number of patients admitted in the year, the disease of only thirty-four was of less duration than one year. In all the rest it had passed into the chronic stage or form, the comparative incurability of which is now perhaps too generally known to require its re-assertion.

From the foregoing it will appear that we may honestly deprecate the expectation, on the part of any person, that the

percentage of cures here can be as great as in those hospitals which are so situated as to receive a large proportion of recent cases.

With these preliminary remarks, the table of general statistics for the year may be introduced :

	Men.	Women.	Total.
Patients in hospital, Sept. 30, 1864, .	144	190	334
Admitted in course of the year, .	70	64	134
Whole number in course of the year, .	214	254	468
Discharged, including deaths, . .	56	60	116
Remaining Sept. 30, 1865, . .	158	194	352

Condition of the patients discharged :

Recovered,	17	16	33
Improved,	14	13	27
Unimproved,	8	7	15
Died,	17	24	41
Total,	56	60	116

Daily average number of patients, .	153	189	342
Largest number on any day . .	166	199	365
Smallest number on any day, . .	141	179	320

Of those who recovered, *twenty-one* were private boarders, *six* town patients, and *six* State patients.

Seven of the whole number discharged were cases of delirium tremens, or habitual intemperance. *Six* of them are placed among the recovered, and *one* among the unimproved.

Of those who died, *twenty-four* were State patients, *fourteen* private boarders, and *three* town patients.

As the hospital grows older, the number of deaths becomes greater, from the fact that the incurables brought in its earlier years, mostly in pretty good bodily health, are now passing away in larger numbers than before.

The hospital has been in operation but seven years ; yet among the deaths since the last report, were *seven* who had been here more than six years ; *six* others had been here over four years, *four* over three years, and *seven* over two years.

More than two-thirds of the deaths were from consumption, and that wasting of the system generally called "marasmus," but often mentioned, in the reports of some hospitals, as "exhaustion from chronic mania."

The inmates of the hospital have enjoyed, throughout the year, a remarkable exemption from epidemic, endemic, and all acute diseases. It would be difficult, in any community, to find four hundred people who, in these respects, have been more highly favored. A salubrious site, pure water, good ventilation, freedom from exposure, wholesome food, and regular habits, are undoubtedly the immediate means of this sanitary protection.

For such other information in respect to the patients as is presented in numeral statistics, you are referred to the tables in the Appendix.

MEDICAL TREATMENT.

That among the long list of drugs and medicines of either ancient or modern renown there is no *specific* for disordered manifestations of mind, is a fact perhaps too generally known to require repetition. As insanity may arise from a variety of causes, and be accompanied by a diversity of conditions of the body, either generally or of some one or more of its important vital organs, so the treatment in different cases varies. As in most other diseases, each case must be studied, and managed according to the conditions found.

The great mass of medicine proper administered here, belongs, however, to a few classes of the *materia medica*. Tonics, stimulants, soporifics,—with some alteratives and cathartics,—such are the agents chiefly used.

In the course of the past year, the hypodermic method of administering morphine has been used in several cases, with eminently beneficial effect. As that medicine, when thus administered, is not followed by the unpleasant consequences,—sickness and headache,—which so frequently succeed its hypnotic effects when given by the mouth; and as many patients needing it refuse to swallow *any* medicine, the hypodermic method becomes a resource of very great value in hospitals. "Blessed," as Sancho Panza said in reference to sleep, "blessed be the man who first invented" it.

MORAL TREATMENT.

Most of the curative measures often denominated hygienic, and all those agents and influences which chiefly act upon the intellectual powers and the moral feelings and sentiments, have been grouped together by writers upon mental disorders, under the general term "moral treatment." Of all these measures or agents, that which has become universally recognized as the most extensively and generally beneficial, is useful manual labor. So important is this that, other things being equal, the insane person formerly accustomed to labor with his hands is much more likely to recover than the insane person not so accustomed; because the former can generally be induced to work, while the latter as generally absolutely rejects it.

Labor requires and gives exercise, the great prerequisite and conservator of bodily health in both the sane and the insane. It gives, like a safety-valve to steam, harmless escape to unnatural excitement. It invigorates digestion, stimulates all the vital organs to a wholesome performance of their functions, and produces sleep, that universal necessity to health. It recalls the mind from its vagrancies, and concentrates it more or less upon a rational subject. Every moment of such abstraction and concentration is a point gained; and although these moments may at first be rare and few, yet, in many cases, by the force of habit, or of will, or of returning bodily health, or of all combined, they become more and more frequent and numerous, until reason gains the victory over unreason.

The intellectual or the mentally cultivated man, unused to manual employment, may have other resources for exercise, such as riding, walking, or athletic games; but, as a general rule, these do not present the additional advantage of prolonged mental attention to things unconnected with the disordered fancies. Happy for such persons if they can find some novel intellectual subject to divert and fix their attention. Thus, an eminent lawyer from one of the Southern States, who was formerly under my care, remained unimproved for several months. At length he became interested in botany, a science which he had never studied. The abstraction from other topics, the concentration upon this, and the exercise procured in the search for flowers, effected a cure.

The organization and systemization of labor in hospitals of this kind, has attracted much attention, and awakened some discussion within the last few years. It is not intended, at the present time, to enter at length into an examination of the subject. So far, however, as it applies to this institution at the present time and under existing circumstances, the opinion may be hazarded that, in a curative point of view, the point from which the subject should be first examined, but little if any further advantage can be gained without compulsion to labor,—a course which probably no one is prepared to recommend; and that in a pecuniary point of view, all the labor which could be gained from patients in excess of that already obtained would cost more than its worth.

In the experiment at basket-making made here, as reported by Dr. Prince, two years ago, the products of the labor barely paid the extra expenses. From a careful reading, however, of that excellent report, it appears not improbable that if the experiment had been continued, it might have been made somewhat remunerative.

There is, however, a business less dangerous in its pursuit, more simple, and hence adapted to a larger number of patients; ministering directly and largely to the home necessities of the hospital, and capable of being somewhat extensively conducted without any addition to the number of paid employees. I allude to the making and repairing of mattresses. In the course of the last winter the bedding of the hospital underwent a thorough examination, all necessary repairs were made, and the number of mattresses considerably increased.

By the record of the supervisor under whose general supervision the work was conducted, it appears that the results were as follows:

Hair pillows picked over,	208
Pillows made,	40
Hair mattresses picked over,	73
Mattresses re-tied,	68
Mattresses, chiefly husk, made,	59
Mattresses, straw, made,	2

The same work, done by an upholsterer, would have cost not far from three hundred dollars ; and, although it might have been better done by the upholsterer, still it was done sufficiently well for the purposes. Twenty patients were often at the work, and, as before intimated, no extra person was employed as overseer. About fifty excellent husk door-mats were also made by the patients. No new mat has been put into use, in the course of the last fifteen months, which was not manufactured on the premises. The large ones, made of husks with the loose ends hatched to form a tuft, make the best of mats for the front portico, while they look as well as most of the articles intended for such purposes.

It has not been attempted to keep a record for the year of the number of days' labor performed by the patients. All such attempts must necessarily be but approximative in their results, approaching but little if any nearer to accuracy than a general estimate. Many patients labor effectively in the halls, some half an hour, some an hour, some two hours daily, but do no more. The labor required for the *accurate* summing of these morsels is such that it is not to be supposed that it will be done ; and the record will become to a certain extent a piece of guess-work, which may either exceed the truth or fall short of it. In those departments where something near to accuracy can be ascertained, sufficient information has been obtained to enable us to make an estimate for the year.

The laundress kept a record in January and September, with the subjoined results. One man worked constantly. The number of women varied from one to fifteen daily ; and the sum of their work in hours was, for January, 1,819, equal to 227 days of eight hours each ; and in September, 2,207 hours, or 276 days. The average per month may be placed at 250 days. This would make for the year, men's work, 312 days ; women's work, 3,000 days.

A similar account was kept in the kitchen, in September. Three men were constantly employed, as they are throughout the year. The number of women varied from eight to eleven. The whole number of days' work was, for men, 90 ; women, 280 ; equal, for the year, to 1,095 for the men, and 3,360 for the women, or 4,455 for both.

In the sewing-room, where a record was kept throughout the year, the sum of the time of labor was 37,517 hours;—equal to 4,689 days. A list of the articles made, and the number mended, will be found in the Appendix.

Upon the farm, and at the barn and stable, the estimate, based upon partial records, may be placed at 3,000 days.

Two men work nearly the whole time in the boiler-room, and two in the bakery; and three women in the centre and rear buildings; making about 2,000 days.

The foregoing estimate does not include the work upon the roads and walks upon the premises, nor anything done in the halls occupied by the patients, nor any of the work upon mattresses and mats, as before mentioned.

It is perhaps hardly necessary to remark that but very few of the patients work as effectively as persons in health; and that constant oversight is required. Yet of all the mere manual labor performed on the premises, it may safely be asserted that from two-thirds to three-fourths is done by them.

EXERCISES IN THE CHAPEL—FIRST RELIGIOUS WORSHIP.

From the time when the hospital went into operation, religious exercises upon the Sabbath afternoons have been conducted in the chapel. There is no official or regular chaplain. Several of the clergymen in Northampton officiate in rotation. These services have been regularly continued, during the year; and it has been intended that all who wished or were willing to attend them, and who retained the power of self-control, should be present. The number of patients, on some days, has been a little more than two hundred.

Including both patients and employees, the average, from the first of January to the present time, is 216. The largest number was 245; and the smallest, 198;—the latter being on the only Sabbath upon which less than two hundred were in attendance.

In an annual report for the Bloomingdale Asylum, when mentioning the religious services of that institution, I wrote as follows: "As great a degree of order usually prevails as in most assemblies for divine worship." Lest the matter might be overstated, I read the sentence to the chaplain, himself the pastor, for many years, of a church in the city of New York,

and asked him if it was correct. "Certainly it is," was his reply. "You might have said a *greater* degree, but, perhaps it would not be best to say so."

Where so large a proportion of patients attend as are now accustomed to be present here, it is not to be expected that the occasion will always, or generally, pass without some eccentricities of action; yet, if regard be had to the sum of action, in assembling, as well as during the service, and in withdrawing, it is believed that what was written at Bloomingdale may be written at Northampton.

The very pertinent question is not unfrequently asked by strangers,—“To what extent is the sermon understood?” To this it may be answered,—“Much more extensively than would be supposed by a stranger.” We now have patients who not only comprehend the sermon, but follow the speaker with a critical acumen so keen, that, if he care for criticism, he may well be upon his guard. From this extreme there are, in the audience, all degrees of comprehension and appreciation, to the lowest opposite, where the words fall upon ears essentially deaf to the spirit of them. If the question be asked,—“Is there any vitality of the religious sentiment or any fervor of devotional feeling?” it must be answered essentially like the former;—that here, as in the world at large, there are all degrees between the two extremes—utter indifference and the zeal of the devotee.

Ministers, particularly if they have never before officiated in a hospital, are sometimes embarrassed in deciding upon the character of their discourses. As the result of long observation, it may be said that, in reference to merely literary merits, it is here, as probably elsewhere, always wisest and best to address the most competent judges; and, in regard to sentiment, all denunciations and the weightier terrors of the law, all speculative and much controverted points, and all purely sectarian or denominational dogmas or doctrines, should be avoided.

As an indication of one of “time’s changes,” it may be mentioned that the first sermon ever addressed, in America, to an audience in an institution like this, was preached on the 31st of August, 1819, by the Rev. John Sanford, at the New York Hospital. What so recently was an experiment has now become a

constant and widely extended practice. If properly conducted, there is no doubt of the beneficial effect of those services, although there are some persons, particularly those in whom disease has involved the religious sentiment, who, if permitted to attend them, would be injured rather benefited.

The by-laws of the hospital require that there shall be some service or exercise in the chapel on the week-day evenings. These generally consist of the singing of two hymns and the reading of a chapter in the Bible. The number of persons assembled upon these occasions, is never so large as upon the Sabbath; but, during the last six months, the average attendance has not been less than one hundred and sixty.

Without regard to higher considerations, it may be remarked, that this custom is productive of a far-reaching benefit, as a mere matter of discipline and promoter of self-control.

LECTURES.

But the evening gatherings have not been wholly devoted to exercises of a religious character. You will recollect that, in the autumn of last year, you approved a programme for the winter which gave three evenings of each week to other subjects. Two of the three were for lectures.

In accordance with this, about fifty evenings have been occupied with lectures, recitations, the reading of poems, and other literary exercises.

A schedule of the lectures is appended.

Good Blood,	1 lecture.
Palestine,	1 “
Scenes of the War,	1 “
Advantages of Travel,	1 “
Disadvantages of Travel,	1 “
Greece,	3 “
Malta,	2 “
Recollections of Abraham Lincoln,	1 “
Sound Imitative of Sense,	1 “
Alliteration,	1 “
The Beautiful,	2 “
Light,	1 “
Structure of the Eye; Vision; Optics,	6 “

Descriptive Astronomy,	13 lectures.
Gather up the fragments that nothing be lost,	1 “
Total,	<hr/> 36 “

For the first three, all of them highly interesting, we are indebted to the kindness and courtesy of the Rev. Dr. Eddy, the Rev. Dr. Hall, and S. E. Bridgman, Esq., of Northampton. All the others were delivered by the Superintendent.

Besides these thirty-six lectures proper, six evenings were devoted to the reading of “The Deserted Village,” Parnell’s “Hermit,” “John Gilpin,” and other poems.

Three excellent “Irish Readings” were given by a highly educated convalescent patient; and three entertainments of dialogues, declamation and singing, by the attendants and other employees.

It is proper, in this place, to acknowledge our obligations to the choir of the Baptist church in this town, who, under the direction of Mr. Sackett, entertained a not unappreciative audience with a musical concert.

The average attendance, on the foregoing occasions, was about one hundred and eighty.

Exercises of reading and singing were held in the chapel on the day appointed by the governor and council for Thanksgiving, as well as on that of the National Fast, the 1st of June, and on Christmas eve a very interesting history of Christmas was read from the “Springfield Republican.”

As a rule, those lectures obtain the most general attention which are susceptible of illustration, either by direct experiment or by diagrams, because, in these, an appeal is made to that most quickly instructive of all the external senses, the eye. Yet here, as in other places, almost any subject, properly handled, will find some interested listeners.

In the above mentioned lectures upon astronomy, the structure of the eye, optics, and some of the others, use was made of a large number of diagrams painted upon cotton cloth, as well as of some simple but effective apparatus.

READING.

The hospital is supplied with a library of about seven hundred volumes, consisting of standard works and the current

literature of the times,—history, biography, travels, novels, poetry, reviews and magazines.

Twelve daily, one semi-weekly and twenty weekly newspapers, are taken by the hospital, its patients and its employees, and between fifteen and twenty miscellaneous “exchanges” are every week received from the office of the “Hampshire Gazette,” in Northampton.

Besides this large and varied fund of matter, the inmates of the hospital, in common with other residents of the town, have access to the public library, a privilege of which several of the patients have taken advantage, for obtaining books not more immediately within their reach.

No new books for the library have been purchased in the course of the year, but a quantity of periodicals, consisting of the “Living Age,” foreign and American reviews, and other publications, have been bound, and thus put in convenient form for reading. They make more than seventy volumes.

Perhaps there will be no more suitable place to mention that a correspondence has been held with the superintendents of all the other hospitals for the insane, in the States not lately in rebellion, for the purpose of obtaining, as far as possible, full sets of their annual reports. The reports thus acquired were added to those heretofore received, and the whole have been bound into sixteen large volumes.

RECREATION AND AMUSEMENT.

Walking is the most general resort for recreative exercise. The farm being large, the principal part of the walking is upon the premises. Yet there are some who go to the village, and occasionally small parties have visited the mountains, Tom and Holyoke. A daily record of the number of female patients who walk in company with their attendants, has been kept since the first of June. The sum for the four months is seven thousand one hundred and fourteen, or a monthly average of one thousand seven hundred and seventy-eight. The highest number in any one month was two thousand one hundred and eighty-four. The monthly number is, of course, modified by the weather, occupation within doors, the state of health and other circumstances.

When it is recollected that about thirty females are at work in the different departments out of the wings, and that a considerable number cannot go out, either from illness or unsuitability, these numbers show a good degree of activity in the southern wing.

The two-horse carriage is devoted, a large part of the time, to the use of the patients, who are taken upon the many pleasant drives in the neighborhood, and not unfrequently to some of the towns in the vicinity.

At two or three times, during the past summer, a party of four gentlemen, unaccompanied by an attendant, have driven to Williamsburg, in the morning, and passed the day.

A two-oared boat, owned at the hospital, is placed in the warm season, on the Mill River Pond which borders upon the farm. During the past summer this was much used by several gentlemen, contributing not only to their pleasure, but, in some cases, much to their restoration to health.

A brick building in the grove west of the hospital contains two bowling alleys, which are devoted to the use of the patients; the men having access to them in the forenoon and the women in the afternoon. They are much resorted to by the former, but less so by the latter.

Within doors there is a billiard table and a bagatelle table, as well as the means for playing cards, chess, checkers, backgammon and other games.

Of all the means of amusement, no one during the past year has more constantly been in use than the billiard table. Several of the patients were good players before admission, and a considerable number have learned the game while here. It is an almost invaluable acquisition to the hospital. The game is peculiarly attractive, and hence patients who are indisposed to exercise sufficiently, or whose minds are so concentrated upon themselves that it is next to impossible to induce them to turn their attention to anything external, are more likely to become interested in it than in other games, or in manual employment.

DANCING.

When the "Governors" (Trustees) of the Bloomingdale Asylum were once consulting in regard to the amusements

which should be introduced into that institution, one of them proposed dancing, but, turning toward the late Samuel F. Mott, a Quaker, said: "Perhaps friend Mott would object to it." "Certainly not," replied the latter, "a madhouse is exactly the place for dancing."

Although the term by which the hospital was designated is objectionable, the spirit of the answer is, in my opinion, to be approved.

The large majority of persons at this hospital have not, and had not before coming hither, any scruples against the propriety of this recreative entertainment. They enjoy it now, as they did formerly when with their friends, and no other occasion is looked forward to with a pleasurable anticipation so general, as the evening of the dance.

Persons who cannot, from conscientious considerations, join in it or sanction it by their presence, are, of course, not required to be present.

Instead of an occasional and elaborate "ball," our inmates have been accustomed, the past season, to follow the example of the people at "Willard's," and "The National," in Washington, and those at the hotels of Saratoga and Newport, in having a more frequent, more quiet, and less pretentious "hop." Persons employed in the hospital are the musicians, and the whole affair requires but a half hour of preparation.

In his report for 1864, Dr. Kirkbride, the long-experienced and eminent superintendent of the Pennsylvania Hospital for the Insane, alluding to "the disposition on the part of attendants and patients" to suffer all things provided for the moral treatment to pass into disuse, says: "Some persons employed in such institutions are always in danger of forgetting that the only object for which they were established is the comfort and restoration of the patients, and that the best and most liberal supply of means is of little avail, unless they are judiciously used. To secure this in its fullest efficiency requires the active co-operation and manifestation of interest on the part of all officers, with an unhesitating exercise of authority when that is necessary. Tact in exciting the interest of patients in their occupations and amusements, should always be regarded as among the qualifications to be possessed by those who are to be in immediate care of the insane."

If this be generally true, it is especially so in regard to dancing. The amusement must be constantly directed by some officer of the hospital, or, instead of being a remedial, curative recreation for the patients, it will degenerate into an amusement for the employees. To prevent this result, it was, the past season, made a rule at this hospital, that in every couple at least one of the persons shall be a patient.

Under this rule, we have always been able to fill four "sets," which is as many as the floor of the rotunda will accommodate.

In this amusement, as upon everything throughout the daily routine or the special exercises of a hospital, the great object—and the great triumph, if that object be attained—is, an approach as nearly as possible to the proprieties of the occasion, as exhibited in good society among the people at large. No fantastic dresses are permitted; no intentional exhibition of diseased vagaries of action allowed. Enjoyment for the multitude must not be sought by an exposure of the misfortunes of the individual. In short, it is intended that it shall be a rational amusement, pursued in a rational way.

How far we have succeeded in the attainment of this end, and to what extent these occasions are enjoyed, at least one of you, gentlemen, has, from observation, the ability to judge.

FARM.

Under the excellent immediate direction of Mr. Wright, the farm has produced a large quantity of supplies; in relation, however, to some crops, not so large as was expected, in consequence of the severe and protracted drouth in the latter part of the season. While as much land as formerly has been devoted to grains and vegetables, the quantity of hay is estimated at fourteen tons more than in any previous year. Perhaps this is the best illustration of the progressive improvement of the farm, as a productive and profitable source of income. No milk has been purchased since May, 1864. The supply has all come from the home dairy, and about five hundred pounds of butter have been made.

PRODUCTS OF THE FARM.

Hay,	62 tons,	\$1,240 00
Corn fodder,	20 "	200 00

Corn,	500 bushels,	\$500 00
Rye,	6 “	7 50
Buckwheat,	6 “	4 50
Potatoes,	1,652 “	1,239 00
Turnips,	400 “	150 00
Beets,	100 “	75 00
Carrots,	1,200 “	600 00
Onions,	175 “	175 00
Beans,	50 “	100 00
Peas, green,	66 “	132 00
String beans,	17 “	17 00
Sweet corn,	48 “	48 00
Summer squash,	26 “	13 50
Cucumbers,	50 “	75 00
Tomatoes,	50 “	100 00
Cabbages,	2,500 heads,	150 00
Apples,	6 barrels,	30 00
Broom brush,	600 pounds,	90 00
Broom seed,	30 bushels,	12 00
Winter squash,	4,000 pounds,	80 00
Pie plant,		33 00
Currants,		20 25
Lettuce,		16 00
Strawberries,		16 65
Beet greens,		15 50
Watermelons,		58 00
Muskmelons,		10 00
Asparagus,		17 00
Eggs,	32 dozen,	9 60
Pork,	6,265 pounds,	1,253 00
Veal,	1,061 “	159 15
Turkeys,	301 “	60 20
Milk, grass fed,	13,836 quarts,	1,106 88
Wood,	30 cords,	120 00
Total value,		<hr/> \$7,933 73

The whole quantity of milk produced in the year was 55,344 quarts. It is here estimated that one-fourth of it is the product of grass. The other three-fourths, being chiefly produced

by hay and vegetables, the value of which has already been placed in the account, is left out. The farm stock now on hand consists of five horses, eight oxen, one bull, twenty-three cows, twenty-six hogs, thirty-three shoats, and four calves.

About three acres of land, not before subdued, have been brought under cultivation, and eighty rods of under-drain have been made.

The thinning of the trees in the groves, and the removal of the underbrush, the beginning of which was mentioned in the last report, was continued through the autumn, and resumed again this season. About twelve acres have been thus cut over; and in ten acres of it the ground has been grubbed, large quantities of stone removed, and the surface prepared for grass seed. In some of the younger groves, the trees are now sufficiently few to permit them, as they grow, to develop more nearly into their natural form.

At the most easterly entrance to the premises, the pitch of the road has been considerably reduced by grading. The brow of the hill east of it has been thrown into the ravine below; so that not only has the difficulty of approach to the hospital been diminished, but the appearance of the entrance has been greatly improved.

The farm still possesses rare possibilities for improvement, not alone in its productive powers, but as an ornament and an object of rural beauty. If these shall be developed as they may and ought to be, he who, fifty years hence, shall look upon it, will doubtless find it unsurpassed in its adaptation to the great purpose to which it has been devoted.

ACKNOWLEDGMENTS.

A very considerable proportion of those means and appliances which have brought the hospitals of this country into their present state of comparative perfection, have been gifts, or the products of gifts, from persons interested in the philanthropic object of these institutions.

State hospitals have received fewer benefits from these sources than corporate institutions, apparently because of the notion that, relying upon the treasury of the Commonwealth, they ought thence to be supplied with everything which can conduce to their perfection as curative retreats. But the fact

is either unknown, overlooked or forgotten, that, as a rule, legislatures think they have filled the measure of their duty when they have made appropriations for actual, current, bodily necessities.

Yet some of the State institutions have been recipients of many and liberal donations. This, perhaps from its recent origin, has received comparatively few. It gives me pleasure, however, to acknowledge the following, all of them presented within the last fifteen months, and all but two within the year.

From Mrs. Louisa L. Prince, of Northampton, a complete set of Rees' Cyclopædia.

From Edward E. Earle, of Worcester, twenty-one large and valuable pictures, most of them from Boydell's edition of the works of Shakspeare.

From Dr. Charles H. Nichols, Superintendent of the United States Government Hospital for the Insane, near Washington, a pair of carrier doves. Placed in an ample cage, they form a prominent attraction in one of the best halls of the female department.

From the American Bible Society, through Mr. S. E. Bridgman, of Northampton, twelve Bibles.

From a gentleman in Connecticut, a piano, valued at one hundred dollars.

From another gentleman in Connecticut, twenty-seven dollars for the purchase of Bibles.

From a third gentleman in Connecticut, a very superior set of billiard balls.

From Timothy K. Earle, of Worcester, fifty-seven dollars, for the purchase of pictures, books, or the means for the illustration of lectures.

Dr. Bartlett, whose long connection with the hospital is well-known, has continued in the performance of his duties, with his former ability and faithfulness.

Mr. Rand and Miss Williams, supervisors one year ago, have resigned their situations within the last few months. They were both industrious, energetic, trustworthy, and attentive to their duties. It was desirable to retain them, but they left with the intention of engaging in other avocations. Their places are no less ably filled by their successors, Mr. Shufelt and Mrs. Rice.

It has been difficult to obtain proper persons to take the immediate charge of the men's department; but it gives me pleasure to say that, at the present time, the corps of attendants, both males and females, are better adapted to the occupation, and more thorough and faithful in the performance of their duties, than at any former period since I became connected with the hospital.

Although gladly acknowledging the assistance of all who have honestly, sincerely and earnestly devoted themselves to their important trusts, yet I do not forget that, to them, as to all, a self-approving conscience should be of more value than the thanks of any person.

“ One self-approving hour whole years outweighs
Of stupid starers and of loud huzzas.”

It becomes us all to endeavor to form a just conception of the sacredness of our responsibilities; to bring to the work an abiding spirit of self-sacrifice as well as a good degree of that patience which works to perfection; and in all our conduct towards those who are committed to our care, never to forget that the voice which once sounded among the hills of Palestine, still comes to us across the waste of waters and over the lapse of centuries, as clearly, and as significantly as ever: “ Inasmuch as ye did it unto the least of these, my brethren, ye did it unto me.”

To you, gentlemen of the Board of Trustees, I am indebted for valuable counsel, for a generous confidence, and for invariable support. The entire coincidence of views and the perfect harmony of action which have existed between us, has been gratifying at the time, and will doubtless have a lasting influence upon the future of the great charity with the direction of which you are intrusted.

Respectfully submitted.

PLINY EARLE,
Superintendent.

OCTOBER, 1865.

APPENDIX.

TABLE No. 1,

Showing the Supposed Causes of Insanity in Patients admitted this year.

CAUSES.	Males.	Females.	Total.
Ill health,	10	10	20
Epilepsy,	10	2	12
Intemperance,	7	4	11
Overwork,	2	2	4
Exhaustion,	2	2	4
Loss of friends,	—	2	2
Puerperal,	—	2	2
Masturbation,	1	1	2
Business difficulties,	2	—	2
Hard study,	1	—	1
Millerism,	1	—	1
Home sickness,	—	1	1
Unknown,	34	38	72
Totals,	70	64	134

TABLE No. 2,

Showing the Occupations of the Male Patients.

Farmers, 17	Musician, 1
Laborers, 13	Artist, 1
Merchants, 5	Apothecary, 1
Manufacturers, 3	Painter, 1
Clerks, 2	Shoemaker, 1

TABLE No. 2.—Concluded.

Clergyman, 1	Joiner, 1
Agent, 1	Soldier, 1
Baker, 1	Unknown, 18
Blacksmith, 1	Total, 70
Reporter, 1	

TABLE No. 3,
Showing the Civil Condition of the Patients admitted.

CONDITION.	Males.	Females	Total.
Single,	34	28	62
Married,	30	21	51
Widowers,	4	—	4
Widows,	—	10	10
Unknown,	2	5	7
Totals,	70	64	134

TABLE No. 4,
Showing the Ages of all admitted in the course of the year.

AGES.	Males.	Females.	Total.
Between 10 and 20 years,	5	3	8
20 and 30 years,	12	17	29
30 and 40 years,	25	21	46
40 and 50 years,	13	14	27
50 and 60 years,	8	6	14
60 and 70 years,	6	2	8
Over 70 years,	1	1	2
Totals,	70	64	134

TABLE No. 5,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20 years,	5	3	8
20 and 30 years,	6	14	20
30 and 40 years,	6	9	15
40 and 50 years,	9	10	19
50 and 60 years,	3	—	3
60 and 70 years,	2	2	4
Over 70 years,	1	1	2
Less than 10 years,	1	—	1
Unknown,	37	25	62
Totals,	70	64	134

TABLE No. 6,
Showing the Duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	17	17	34
From 1 to 2 years,	5	5	10
2 to 5 years,	10	9	19
5 to 10 years,	10	7	17
10 to 15 years,	3	2	5
Fifteen years and over,	6	2	8
Several years,	4	2	6
Unknown,	15	20	35
Totals,	70	64	134

TABLE No. 7,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Phthisis,	2	12	14
Marasmus,	5	9	14
Epilepsy,	2	—	2
Paralysis,	1	1	2
Injury,	2	—	2
Apoplexy,	1	1	2
Suicide,	1	1	2
Typhomania,	1	—	1
Dropsy,	1	—	1
Intussusception,	1	—	1
Totals,	17	24	41

TABLE No. 8,
Showing the Residence of the Patients admitted in the course of the year.

COUNTIES.	Males.	Females.	Total.
Hampshire,	13	14	27
Hampden,	12	13	25
Bristol,	4	15	19
Worcester,	10	8	18
Berkshire,	7	3	10
Franklin,	6	3	9
Middlesex,	2	2	4
Essex,	1	2	3
Suffolk,	1	—	1
Other States,	14	4	18
Totals,	70	64	134

TABLE No. 9,
Showing the Proportion of Commitments.

COMMITTED BY	Males.	Females.	Total.
Judges and Courts,	18	20	38
Overseers of Poor,	5	2	7
Board of State Charities,	16	29	45
Friends,	31	13	44
Totals,	70	64	134

TABLE No. 10,
Showing by whom the Patients will probably be Supported.

SUPPORTED BY	Males.	Females.	Total.
State,	24	42	66
Towns,	12	9	21
Friends,	34	13	47
Totals,	70	64	134

TABLE No. 11,
Showing the Nativity of the Patients.

NATIVITY.	Males.	Females.	Total.
America,	46	27	73
Ireland,	19	35	54
England,	3	1	4
Scotland,	1	—	1
Germany,	—	1	1
Spain,	1	—	1
Totals,	70	64	134

TABLE NO. 12.

Status of Patients in Hospital September 30th, 1865.

	Males.	Females.	Total.
State Patients,	89	146	235
Town Patients,	32	16	48
Private Boarders,	37	32	69
Totals,	158	194	352

TABLE NO. 13.

List of Articles made in the Sewing-Room.

Gowns, 181	Mittens, pairs, 72
Chemises, 263	Camisoles, 11
Skirts, 79	Suspenders, pairs, 76
Aprons, 34	Sheets, 136
Sun-bonnets, 34	Pillow-cases, 137
Capes, 4	Bed-ticks, 41
Sacks, 7	Pillow-ticks, 93
Waists, 3	Rollers, 15
Garibaldi, 4	Towels, 189
Drawers, pairs, 25	Curtains, 11
Shirts, 187	Clothes-bags, 12
Pants, pairs, 3	Sausage-bags, 32
Spencers, 2	Honey-bags, 1
Collars, 69	Mattresses, 16
Cap, 1	Squash-bags, 3
Dickies, 62	Garments mended from Jan.
Apron Napkins, 5	1st, 1865, to Oct. 1st, . 7,017
Hose, pairs, 240	

LIST OF SALARIED OFFICERS, AND THEIR SALARIES.

Pliny Earle, M. D., <i>Superintendent</i> ,	\$1,800 00
Silas M. Smith, <i>Treasurer</i> ,	300 00
C. K. Bartlett, M. D., <i>Assistant-Physician</i> , . .	900 00
C. M. Moody, <i>Clerk</i> ,	500 00
Asa Wright, <i>Farmer</i> ,	600 00
Danford Morse, <i>Engineer</i> ,	600 00
	<hr/>
	\$4,700 00

Number of Persons actually employed in the Regular Duties of the Hospital.

OCCUPATIONS.	Males.	Females.	Total.
Supervisors,	1	1	2
Seamstress,	—	1	1
Laundress,	—	1	1
Baker,	1	—	1
General Attendants,	9	12	21
Special Attendants,	1	1	2
House work, centre building,	—	2	2
In kitchen,	2	3	5
In laundry,	—	1	1
Watchman,	1	—	1
Carpenter,	1	—	1
Assistant-Engineer,	1	—	1
Hostler,	1	—	1
Farm hands,	3	—	3
Totals,	21	22	43

ELEVENTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT NORTHAMPTON.

OCTOBER, 1866.

BOSTON:

WRIGHT & POTTER, STATE PRINTERS,
No. 4 SPRING LANE.
1866.

Commonwealth of Massachusetts.

ELEVENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

*To His Excellency the Governor of the Commonwealth, and
the Honorable Council.*

The Trustees of the Northampton Lunatic Hospital hereby submit for your consideration their Eleventh Annual Report.

At the beginning of the official year, the number of patients in the hospital was 352; from that time forward there was a gradual increase until, on the 24th of August, 1866, the number was 408; and the year has closed with 405.

The number received was 136, of whom 38 were transferred from the hospitals at Worcester and Taunton, and 4 from the State almshouse at Monson.

The number who have left the hospital is 52; of whom 24 were cured, 20 improved, and 8 unimproved.

The number cured is in a favorable ratio to the number of recent cases received. The hospital still labors under disadvantages as a curative institution, from the disproportion of its size to the extent of territory and population, within the State, from which it draws its patients. But time will gradually overcome these difficulties; and we cherish the belief that, as the salubrity of its locality, the beauty of its site, and the other advantages which it presents, are more extensively known, it will become a more general resort for mental invalids in the earlier stages of their disorder.

The deaths have been 31,—a small number considering the average population of the hospital; and there has been but very little acute disease in any part of the year.

By the accompanying report of the Superintendent, to which we refer you for further statistics, it will be seen that a liberal scheme of labor, recreation, entertainment and amusement has been prosecuted through the year. This plan of treatment receives our cordial approbation, and we can testify to its efficiency in the promotion of the desired ends,—occupation for both body and mind, subjugation of irrational speech and action, and quietude, order, discipline and contentment in a large and heterogeneous family.

At the regular meetings of our Board we have inspected the halls of the patients, as well as other parts of the premises, and in this way, together with observation at many incidental visits, have gained and preserved a knowledge of the general condition of the hospital and the treatment of its inmates. Both these have been at all times satisfactory. Some of our members carry keys to the two wings, and consequently have ready access to them, unaccompanied.

The farm continues to improve and to demonstrate, more and more, its utility as an appendage of the hospital, both as a producer of food and an excellent means for the proper exercise and recreation of the patients.

The receipts of the hospital in payment for the board of patients, have been sufficient to defray the necessary current expenses, and enable us to introduce many improvements to various parts of the extensive building.

The income from boarders, or private patients, has been constantly increasing, from the first year of the operations of the hospital to the present time. The amount received from this source during the first two official years cannot be precisely ascertained; but since that time it has been as follows:—

Official year 1860–61,	.	.	.	\$12,088 34
“ “ 1861–62,	.	.	.	14,228 19
“ “ 1862–63,	.	.	.	14,972 35
“ “ 1863–64,	.	.	.	17,397 78
“ “ 1864–65,	.	.	.	17,556 62
“ “ 1865–66,	.	.	.	19,475 09

Thus it appears that these receipts, for the past year, exceeded those of any former year by \$1,918.47; and were larger than the similar receipts, three years ago, by \$1,052.74. The larger this income, the more the burden of the support of the institution is lifted from the treasury of the Commonwealth.

The restrictive system for the purchase and distribution of supplies, early introduced, with our approval, by the Superintendent, is still in operation. Its effects in the reduction of labor and in the saving of material exceed our expectation, and have a marked and favorable influence upon the finances of the institution, as well as upon its easy and orderly working.

In accordance with the Act of the last legislature appropriating the sum of \$2,000 for repairs, two cylindrical iron water tanks, with a capacity of 1,958 imperial gallons each, have been placed as substitutes for the old wooden ones, in the attic of the north wing, and are working well. Two similar ones for the south wing have been ordered, and it is expected that they will be finished and in operation before the end of October. The cost of the four, and of the necessary alterations in some of the old tanks, to bring them to the level of the new ones, will, so far as we can now estimate, be nearly or quite equal to the appropriation.

The hospital was heated, the past winter, if not perfectly, yet so well that there was no great discomfort. But in the coldest weather, in order to do this, it was necessary to drive the fires of all the boilers as far as safety would permit. In view of this, and of the liability of the boilers to accidents by which one or more of them might be rendered temporarily useless, we have considered it the part of prudence to provide for such an emergency.

A fourth boiler, similar to the other three, has been procured. This will add one-third to the heat-producing power of last winter; and we anticipate with confidence a well-warmed hospital during the approaching winter.

The necessary disbursement for this improvement will be made from the current funds of the hospital, without aid from the treasury of the State.

A general statement of receipts and disbursements, showing the present condition of the finances of the institution, is presented in the Treasurer's report hereto appended.

The accounts of the year have been audited and approved. It appears by them that the assets available for current expenses, at the close of the official year, amount to \$12,502 59

Liabilities at the same date,	16,671 09
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Leaving a balance of liabilities of	\$4,168 50
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It will be noticed that, to meet payments for fuel, supplies, &c., the Treasurer was obliged to borrow, and now owes at bank the sum of five thousand dollars.

For the easy management and best interests of the institution, a sum should be available for what may properly be termed *working capital*. The sum at command should be so large as to prevent the necessity of borrowing.

We cannot close the record of another year without giving renewed expression to our appreciation of the wise, thorough, and conscientious manner in which the Superintendent has discharged his varied and arduous duties. Both the Commonwealth and the inmates of this institution are to be congratulated upon the possession of services so valuable. It is also a pleasure to be able to say, that between him and the members of this Board, entire harmony and co-operation have at all times obtained. It is believed that, measured by all the ordinary standards of success, the hospital, during the past year, has been eminently successful. The broad beneficence of the Commonwealth has been prudently disbursed, and the interests of the body politic have not been overlooked.

We confidently ask for this institution the favorable consideration and the continued care and protection of the government.

Respectfully submitted.

EDMUND H. SAWYER,
S. M. SMITH,
E. HITCHCOCK,
ELIPHALET TRASK,
HENRY L. SABIN,

Trustees.

NORTHAMPTON, Oct. 3d, 1866.

T R E A S U R E R ' S R E P O R T .

To the Trustees of the Northampton Lunatic Hospital.

The Treasurer respectfully submits the following statement of the Receipts and Expenditures for the year ending September 30th, 1866 :

R E C E I P T S .

Balance in hands of Treasurer Sept. 30, 1865,	\$658 77
Received for board of private patients,	21,403 77
for board of town paupers,	6,307 97
for board of State paupers,	42,206 35
on sundry accounts,	715 41
for animals and produce of farm sold,	1,691 65
Borrowed of banks,	5,000 00
	\$77,983 92

P A Y M E N T S .

For provisions and supplies,	\$26,987 15
fuel,	9,283 26
gas and oil,	1,134 31
wages and salaries,	13,099 04
furniture,	2,084 19
clothing and dry goods,	3,545 65
contingencies,	1,285 89
farm,	5,909 02
farm stock,	1,502 82
farm wages,	1,396 55
repairs,	3,677 14
miscellaneous expenses,	706 31

To banks, borrowed money,	\$6,000 00
Balance in hands of the Treasurer,	1,372 59
					<hr/>
					\$77,983 92

S. M. SMITH, *Treasurer*.

The Committee appointed to audit the accounts of the Treasurer have attended to the duties assigned to them, and report that they have examined the books and accounts of the Treasurer, and find proper vouchers for all entries made.

E. H. SAWYER,
ELIPHALET TRASK.

NORTHAMPTON, Oct. 3, 1866.

SUPERINTENDENT'S REPORT.

To the Board of Trustees of the Northampton Lunatic Hospital.

GENTLEMEN,—Another fiscal year of the institution under your general care having come to its close, the Report including a partial history of the proceedings of that year, is hereby presented.

The duty of addressing myself to this subject is not unmingled with pleasure, nor wholly, as may be hoped, devoid of thankfulness and gratitude. A general retrospective glance over the expired period brings to view but few of those accidents or painful incidents to which hospitals of this kind are particularly subject,—occurrences which shock or agitate at the time, and are remembered only because the violence of their impression is such that they cannot be forgotten. On the contrary, that glance reveals—and I now refer to all persons residing in the hospital—a large and constantly increasing family, attentive to duties where duties are imposed; industrious, so far as the ability to work exists; almost universally obedient to wholesome rules and regulations, and moving forward, from day to day, throughout the year, with a quiet, systematic order which leaves little room for improvement, and with as great a degree of harmony as can reasonably be expected, where more than four hundred human hearts, with all their passions and emotions, are beating beneath one common roof.

The income of the hospital from its current earnings has been sufficient, not for its support alone, but for the payment of a considerable sum for permanent improvements.

The number of patients has been greater than at any former time; the restorations to health bear a satisfactory proportion to those considered curable on admission; deaths, relatively to the number of inmates, have been few; and the general health of the household has been remarkably good.

MEDICAL HISTORY.

The subjoined table presents a summary of the general statistics for the year :

	Men.	Women.	Total.
Patients in hospital Oct. 1, 1865, .	158	194	352
Admitted from the general population, .	56	38	94
Transferred from other State hospitals, .	16	22	38
“ “ S. alms-house, Monson, .	3	1	4
Whole number in course of the year, .	233	255	488
Discharged, including deaths, . .	51	32	83
Remaining Sept. 30, 1866, . . .	182	223	405

CONDITION OF THE PATIENTS DISCHARGED.

	Men.	Women.	Total.
Recovered,	15	9	24
Improved,	13	7	20
Unimproved,	5	3	8
Died,	18	13	31
Total,	51	32	83

Daily average number of patients,	166.97	209.37	376.35
Largest number on any day, .	180	228	408
Smallest “ “ “ .	157	194	351

Of those who recovered, eleven were private boarders ; three town patients ; and ten State patients.

Of the State patients who recovered, only one was among those who had been transferred from other State institutions.

Of the deaths, thirteen were of private boarders ; eight of town patients ; and ten of State patients.

Of the State patients who died, seven had been transferred from other State institutions.

Of the private boarders who died, the ages of four were 80, 81, 85, and 81 years, respectively. One of them was 80, another 81, and a third 84 years of age, at the time of admission to the hospital.

Three deaths were from that fearful and very fatal form of mental disorder and cerebral disease, typhomania. In these

cases, death occurred in *two, seven* and *ten* days, respectively, after the admission of the patients.

One patient, 78 years of age when admitted, and broken down with disease and debility, died on the *eighth* day of his residence in the hospital. Another, who died of pneumonia, contracted before he came, lived but *eleven* days.

Notwithstanding this unusual mortality from old age and the severer forms of disease, the proportion of deaths, as compared with the daily average number of patients resident in the hospital,—which is the only accurate basis of statistics upon the subject,—has never but twice, in the history of the institution, been so small.

The capacity of the hospital being unduly great for the population of the western part of the State, private patients are received from other States. No case is rejected on account of incurability or physical disability. As a necessary consequence, a very large proportion of those who are admitted from the general population are incurable; while those who are transferred from other State institutions are almost wholly so. But the ground is taken that, inasmuch as the hospital was designed to be a public benefit, it becomes our *duty*, so long as there are accommodations, to take those who are the most troublesome at home, as well as others, how troublesome soever they may be here; or how unfavorable soever may be the prospect of restoration.

Although, as above mentioned, patients are not rejected because of bodily infirmity or mental incurability, it is proper to add that, in several instances of application for persons habitually intemperate, the applicants have not come to the hospital, from dislike of the requisition that they should be subject to the same rules and regulations as other patients. Such persons cannot be received on any other conditions; and although there have been *three* in the course of the year, there is now no one in the house.

Two years ago, we began to keep a record book, showing the daily admissions and discharges, and the number of patients in the house. In the course of the past year, a similar book for all the former years since the opening of the hospital, has been compiled from the ordinary records. The subjoined statistical history is derived from these books.

The first patient—a woman—admitted to the hospital, was received on the first day of July, 1858, and there was no other admission in the course of that month. On the 3d of August, came the second patient; and the number increased before the end of that month to sixty-one, making the daily average for the month 31.64. At the close of September, the number was 220; and the daily average for the month was 141.23.

At this period, October 1st, 1858, began the official year, and the annual daily average number of patients, calculated to fractional hundredths, from that time to the present, is as follows:

Daily Average Number of Patients.

OFFICIAL YEAR.	Men.	Women.	Total.
1858-59,	95.73	133.81	229.55
1859-60,	113.78	142.17	255.96
1860-61,	136.74	177.52	314.26
1861-62,	137.80	175.99	313.80
1862-63,	155.42	199.86	355.28
1863-64,	157.10	200.53	357.63
1864-65,	153.81	188.59	342.40
1865-66,	166.97	209.37	376.35

The daily average of the last year is 18.72 larger than that of any former year.

All previous calculations of this kind, for this hospital, have been based on the numbers in the house on the last day of every month, and hence the result, in each instance, was a *monthly* rather than a *daily* average. In preparing this table, the sum of the numbers on all the days in the year was divided by the number of days in the year, thus giving perfect accuracy.

For further statistical information relative to the patients, you are referred to the tables in the Appendix.

MEDICAL TREATMENT.

The medical treatment is still based upon the same general principles which were briefly portrayed in the report for 1865; and there is little of novelty to be mentioned in this connection.

The new “cure” for epilepsy—bromide of potassium—has been freely used in a considerable number of cases, without other favorable result, hitherto, than a mitigation of the severity of the disease in a few of them. The cases here are all chronic. It may be more efficient in the earlier stages of the disease.

MORAL TREATMENT.

Manual Labor.—For reasons partially alleged in the last annual report, work with the hands is considered here, as it is elsewhere, the most powerful of those hygienic and curative agents and influences which are classed under the general head, “Moral Treatment.” In cases of acute mania or melancholia, when the physical health is sufficiently restored, and intellectual improvement begins, nothing other than the wholesome exercise of manual labor will so certainly hasten that improvement, confirm convalescence, and re-establish perfect health. It is believed that in no former year has this agent been more extensively applied than in that which has just closed.

Comparatively few, however, of the boarders have been accustomed to active labor at home, and it is not to be expected that they will begin it here. For such, there are other methods of exercise. Yet there are some, even of this class, who prefer work to idleness, and engage in it much to their advantage.

But the principal part of the laborers are the incurable State patients; and among these are some who are as much interested in the farm and its belongings, and who work as faithfully as if the establishment were their own. There are, indeed, several patients who *claim* the ownership of it, but they are not all of them among the workers.

It is estimated that not less than three-fourths of all the work done on the premises is done by patients. This is not a “glittering generality,” assumed by an individual interested in giving the “color of rose” to all the appertainings of the hospital, but the result of careful personal observation, as well as consultation with officers, employés, and intelligent patients, some of whom have placed the proportion at a higher point.

In the sewing room, where a daily account has been kept throughout the year, the number of days’ work was 4,752.

In other departments, where patients are constantly employed through the day, so that a result nearly approximating accuracy can be reached, a record of the work, in numbers of days, has been kept from the beginning of the current *calendar* year. Those results are embodied in the following table:—

	January.	February.	March.	April.	May.	June.	July.	August.	September.	Total.
Roads—Men, . . .	-	-	-	84	139	105	90	88	-	506
Farm—Men, . . .	312	231	244	305	356	392	444	394	339	3,017
Mattress Room—Men, .	177	147	116	-	-	-	-	-	-	440
Bakery, Boilers—Men, .	116	104	116	110	114	108	114	114	106	1,002
Kitchen—Men, . . .	93	84	93	90	93	90	93	93	90	819
Women, . . .	234	224	253	247	289	270	279	270	253	2,319
Laundry—Men, . . .	27	24	27	26	26	26	26	27	26	235
Women, . . .	259	277	321	266	328	306	298	358	318	2,731

The aggregate of these totals is: for men, 6,019; women, 5,050; both sexes, 11,069.

Aside from the above, it is estimated that, within the official year, about 500 days' work of patients has been done in the groves, cutting under-brush, grubbing, and excavating stone.

All the foregoing is out of the departments occupied by patients. Within those departments, the labor is simply "house-work," not including cooking, and is chiefly to be done during the first three or four morning hours, and at the times of meals. It is so inconstant, and is participated in by so many, that an accurate record of time would be impossible. But the Supervisors agree with me in the estimate that the work done by patients is as much as would be performed by twelve hired persons in each wing. This, for the year, would be, for each department, 4,380 days; for both departments, 8,760 days.

The sum of these records and estimates is 25,081 days. Allowing 2,919 days to complete the year for the departments in the nine months' table, we have (28,000) twenty-eight thousand days as the aggregate annual number.

This is not a high estimate ; but it must be remembered that a large part of the work is far less efficient than that of healthy men and women.

The patients who worked in the mattress room “picked” hair and hatchelled husks. The filling and tying of mattresses was done by attendants. The following schedule shows the quantity of work thus done on the bedding:—

New mattress ticks filled with hair,	10
Hair mattresses re-picked,	10
Hair mattresses made narrower, and re-tied,	39
New mattress ticks filled with new husks,	3
New mattress ticks filled with old husks,	9
Husk mattresses cut narrower and re-tied,	16
Old mattress ticks filled with new husks,	98
Hair pillows re-picked,	121
Hair pillows made,	15

The bedding, particularly of the men’s department, was much improved by these changes.

Services and Entertainments in Chapel.—The by-laws of the hospital require that “the Superintendent shall procure the attendance of some clergyman each Lord’s day, who shall perform one divine service, at such time as he may direct.” This provision is eminently proper, and if a discriminative judgment be exercised in the selection of patients to attend the service, the exercise is unquestionably beneficial. In many patients the religious sentiment does not appear to be either exalted, perverted, or depressed, but still retains its natural condition. To these the Sabbath services are as applicable and as acceptable as ever. To those in whom that sentiment has become abnormally obtuse, they can do no harm, and *may* be beneficial by rousing it to a more healthful action. The few in whom disease has rendered that sentiment highly susceptible to excitement, whether it be those who believe themselves Deity, or more nearly connected with Deity than other persons, or those who, subjects of melancholia, impute to themselves all the evils, the disasters, and the sins of the family, the neighborhood, the town, or the world, should not be permitted to attend them.

Many among the most wayward and least subject to self-control at ordinary times, are still so far under the influence of their devotional feelings, or so far affected by their former habits of attending religious gatherings, or perhaps both, that they sit quietly through these services. It is a fact no less remarkable than true, that the man who, of all who have been in the hospital the past year, has been the most constantly excited, boisterous, and destructive in the halls, has been one of the most constant attenders at chapel, where he not only behaves with propriety, but often assumes the charge of another somewhat perverse man, and makes him behave as well.

The fact is of profound significance in regard to the general subject of insanity, and the extent of empire which the disease attains over the will of its subjects. This man, though ordinarily turbulent, is silent through the religious exercise of the Sabbath. He controls himself in spite of his disease. He exerts this self-dominating power because *he has a motive* for its exertion. Why then does he not at all times abstain from noise and violence? The answer appears to be simply this: *Because he has no sufficient motive.* From this conclusion is derived the following proposition, the truth of which is, it is believed, confirmed by all accurate observation. So long as the insane preserve self-consciousness; so long as they appreciate the "I" of their own being, they can, in ninety-nine cases of a hundred, control their actions under the influence of a generally available motive. In more common, but expressive terms, "they can govern themselves if they have a mind to." It is the object of hospitals like this, and should be the constant study of all persons directly connected with such hospitals, to furnish the motive for that self-government.

It has been shown that in the Sabbath services we have one of these motives, potent in its nature, and theoretically broad in its application. It becomes then our duty to give to practice an extent corresponding with theory.

This has been a constant endeavor, during the last two years. The first definite record upon the subject made by the Superintendent was on the 18th of September, 1864,—two and a half months after his appointment. On that day there were 162 persons, patients and others, present at the Sabbath service; and it is recorded that this was a larger number than at

any former time since the aforesaid appointment. The audience was gradually increased until the 18th of December of the same year, when, for the first time, it equalled two hundred. On the next following Sabbath, Christmas day, the number was 213. In the first nine months of 1865, the number varied considerably, but with a general increase, and the highest point gained was 245. By the record of every Sabbath since that time, which will be introduced a little further on, it will be seen that, during the last two months, there has been a congregation which has varied but little from 300, and on one occasion rose to 310.

But if an assemblage for divine worship be useful, why not, likewise, assemblages for the other and more secular purposes for which mankind are accustomed to congregate? How disordered soever may be the general intellectual powers, in mental derangement, the “musical ear” retains its integrity, and the musical faculty its ability to act. Why, then, may not a concert impart enjoyment and render a motive for self-control? The taste for literature is often preserved. How then is it possible that a well-written essay, or a beautiful poem, should not be appreciated and thus become a governing power? An interest in scientific truths may still exist; and the love of the marvellous, always sufficiently strong, is perhaps more frequently strengthened than diminished by mental disorder. What is more marvellous than some of the operations of nature, as revealed in chemistry and natural philosophy? Is it not, then, probable, that a scientific lecture may be converted into a salutary agent, by inducing the healthy volition of the patient, and causing him to *act* as well as to *think* like a rational being?

“How serious and sad they look!” remarks a visitor, just emerged from one of the halls. Yes, my friend, very likely; people generally look serious when in the presence of unintroducted strangers; but it is not improbable that the patient who to you appeared the most serious of all, is at this moment cracking a plump and oily nut of a joke at your expense. Wit, humor, “fun,” find their appreciators within these walls as well as without; and if their forces be properly applied and directed, they become promoters of self-control, of enjoyment, and of mental as well as physical health.

These truths are all suggestive. They point with significance to the utility, in establishments like this, of gatherings for other purposes than devotional exercises. Indeed, is not the proposition both plausible and reasonable, that such an institution should be made a microcosm in itself—a little world within which men and women shall find as many as possible of those sources of rational enjoyment to which they were formerly accustomed, the participation in them to be guided and governed by a prudent directive power, in order that excesses may be avoided and improprieties shunned? If men are enabled to *act* like rational beings, is not the probability that they will *think* like rational beings greatly enhanced? All correct observation answers in the affirmative.

Influenced by reflections like these, and acting with the approbation of your Board, I have endeavored, in the course of the year, to give diversity of character to the exercises of the evenings of secular days.

Since the 4th of November last a record has been kept in relation to all these exercises; and the ability to exhibit the following detailed exposition is thence derived.

On the 17th of September, 1866, the painters began to fresco the chapel, and the record was suspended until the end of the month, which ended the official year. The number of days from the 4th of November, 1865, to the 16th of September, 1866, both inclusive, was 317.

The history of this period, so far as pertains to the subject before us, is as follows:

Religious worship on the Sabbath,	46 days.
Lectures on the evenings of secular days,	38 times.
Reading or recitation of poetry, and singing,	28 “
Reading the Bible, and singing,	147 “
Miscellaneous exercises,	4 “
Christmas: reading an account of it,	1 time.
“ Hops,” in the rotunda,	31 times.
Fireworks, Fourth of July,	1 time.
Not recorded,	1 “
No exercise similar to the foregoing,	20 times.
Total,	317 days.

Hence it appears that of the 271 week-day evenings included within the period, there were but *twenty* upon which there was no exercise intended for the instruction, entertainment or amusement of the patients. These exceptional evenings were most of them at the close of days of unusually onerous duty on the part of the officers and employés—such as the monthly meeting days of your Board, and the days of inspection by legislative committees, and by the governor of the Commonwealth.

There is, then, an essentially *constant* means of occupying the attention of the patients during at least a part of the evening. The point thus gained is of vastly greater importance than would, perhaps, be suspected by persons unacquainted with hospitals and unexperienced in hospital life.

In the earlier periods of the history of these institutions, and anterior to the introduction to them of the more modern facilities for “moral treatment,” the evenings were the dullest, most monotonous, gloomiest and saddest part of the day. Halls filled with patients dragging listlessly through the lagging hours; some of them sauntering lazily to and fro; some squatting stupidly behind doors and in dark corners; some lounging or dozing upon settees or benches; and some stretched at full length, thoughtless, torpid, perhaps asleep, on the floor;—such was the evening aspect of the olden time, and such will always be the aspect unless efficient means be taken to prevent it. It is almost wholly prevented by our present arrangements. The hour for collection in the chapel arrives so soon after supper that there is not sufficient time for its occurrence, and yet so late that most of the patients retire immediately after their return. At this institution the position is taken that if the chapel exercises are good for one, they are good for all who are able to attend them, with such exceptions alone as shall be made for medical reasons. Hence it is intended that all new comers shall understand that these gatherings are as much a part of the business of the hospital as the gatherings at the dinner-table. The mind no less than the body must have its nutriment.

If a laboring patient be fatigued, or if any patient be unwell, he is permitted to retire before that hour. But it is expected that every one who has not retired shall attend the exercises.

All games in the halls are suspended ; the lights in the billiard-room are extinguished, and those in the halls are “turned down.” Thus a general co-operation is secured, as satisfactory in results as it is comprehensive in scope. It is proposed separately to examine the different kinds of exercises, and to exhibit in detail some of those results.

Divine Worship.—The following table shows the number of patients and other persons resident in the hospital who were present at the devotional exercise of each of the forty-six Sabbaths above mentioned :

Attendance at Chapel.

SABBATH.	Men.	Women.	Total.	SABBATH.	Men.	Women.	Total.
1st, . .	119	150	269	24th, . .	127	162	289
2d, . .	111	152	263	25th, . .	120	165	285
3d, . .	120	156	276	26th, . .	124	159	283
4th, . .	114	154	268	27th, . .	124	168	292
5th, . .	115	157	272	28th, . .	107	166	273
6th, . .	109	150	259	29th, . .	120	161	281
7th, . .	117	150	267	30th, . .	114	156	270
8th, . .	115	148	263	31st, . .	113	155	268
9th, . .	116	158	274	32d, . .	118	167	285
10th, . .	107	156	263	33d, . .	116	152	268
11th, . .	118	160	278	34th, . .	110	164	274
12th, . .	120	152	272	35th, . .	128	161	289
13th, . .	116	138	254	36th, . .	110	146	256
14th, . .	116	158	274	37th, . .	113	151	264
15th, . .	124	154	278	38th, . .	114	151	265
16th, . .	124	162	286	39th, . .	125	168	293
17th, . .	123	154	277	40th, . .	124	173	297
18th, . .	116	161	277	41st, . .	126	170	296
19th, . .	129	162	291	42d, . .	135	170	305
20th, . .	126	166	292	43d, . .	132	166	298
21st, . .	120	156	276	44th, . .	135	159	294
22d, . .	126	166	292	45th, . .	137	173	310
23d, . .	121	171	292	46th, . .	137	170	307

Largest number of men on any day,	137
Smallest number of men on any day,	107
Largest number of women on any day,	173
Smallest number of women on any day,	138
Largest total number on any day,—Men,	137
Women,	173
	<hr/> 310
Smallest total number on any day,—Men,	116
Women,	138
	<hr/> 254
Average attendance, 46 Sabbaths,—Men,	120
Women,	159
	<hr/> 279

The question naturally arises, "How many of these were patients and how many other persons?" The number present, of officers and others connected with the hospital, was generally between twenty-five and thirty-five. The question can be *definitely* answered in regard to the last five Sabbaths alone. That answer is contained in the subjoined summary, which also includes the number of patients in the house on those several days:—

SABBATH.	ATTENDED SERVICE IN THE CHAPEL.						PATIENTS IN THE HOSPITAL.		
	OFFICERS & EMPLOYEES.			PATIENTS.					
	M.	W.	Total.	M.	W.	Total.	M.	W.	Total.
42d, . . .	21	17	38	114	153	267	177	222	399
43d, . . .	13	16	29	119	150	269	180	228	408
44th, . . .	16	14	30	119	145	264	180	228	408
45th, . . .	14	18	32	123	155	278	181	224	405
46th, . . .	15	19	34	122	151	273	181	224	405

On the forty-fifth Sabbath the number of patients in attendance, as compared with the whole number in the house, was equal to 68.64 per cent., or a little more than two-thirds.

The number at chapel depends much upon the attendants; and it is due to some of these to say, that, through their efforts, many of the patients with chronic insanity, who had long been considered unfit, have been induced to attend; and now,

improved in appearance, in habits and in conduct, demean themselves as becomingly as the others.

The services on the Sabbath are still conducted, in rotation, by the clergymen of the several denominational churches in the village of Northampton; and it is proper here to record an expression of satisfaction with their comprehension of the circumstances of the occasion, and the suitable adaptation of their discourses.

Lectures.—By the wisely directed liberality of your Board, I was enabled, in the early part of the last winter, to expend nearly three hundred dollars in extending the means for the illustration of lectures. An air-pump and an electrical machine, each with a liberal quantity of appropriate apparatus, a pneumatic trough, with receivers, retorts and other implements and materials for the generation and collection of gases, together with a variety of other things illustrative of the laws of nature, as expounded in chemistry and natural philosophy, were included in the purchase.

Thirty-eight lectures have been delivered in the course of the year. The subject and the number of persons present were as follows:

Number.	S U B J E C T S.	P E R S O N S P R E S E N T.		
		Men.	Women.	Total.
1	The Power of the Mind over the Body, . . .	104	120	224
2	“ “ “ “ . . .	104	130	234
3	“ “ “ “ . . .	102	130	232
4	“ “ “ “ . . .	89	131	220
5	“ “ “ “ . . .	110	136	246
6	Pneumatics: illustrated with the Air-Pump, . .	116	132	248
7	Pneumatics: “ “ “ . .	120	134	254
8	Pneumatics: “ “ “ . .	122	133	255
9	Pneumatics: “ “ “ . .	112	129	241
10	Pneumatics: “ “ “ . .	107	128	235
11	Composition of the Air: Carbonic Acid, with experiments, . . .	114	127	241
12	Hydrogen: with experiments, . . .	104	117	221

Number.	S U B J E C T S.	P E R S O N S P R E S E N T.		
		Men.	Women.	Total.
13	Pneumatics: with experiments,	106	131	237
14	Ascent of Helvellyn,	103	119	222
15	Comparative Anatomy and Physiology of the Nervous System,	109	122	231
16	Electricity: with experiments,	112	118	230
17	Anatomy and Physiology of the Muscular System, .	100	126	226
18	Electricity: with experiments,	103	130	233
19	Electricity: “ “	117	127	244
20	The System of Blood-vessels: Anatomy and Physiology,	102	132	234
21	Muscles: the Physical Laws of their Action, . .	112	130	242
22	Muscles: Gradation, Rapidity and Accuracy of Action,	114	129	243
23	Life in New York,	120	134	254
24	Similarities of the Nervous Fluid and the Imponderable Agents,	107	116	223
25	The Properties of Matter: with illustrations, . .	114	118	232
26	Aerostatics: with hydrogen balloon,	119	136	255
27	The Dignity of Labor: the general modest Aversion to such Dignity,	108	126	234
28	Chlorine: with experiments,	121	144	265
29	Natural History: illustrated with the Magic Lantern, .	129	135	264
30	Natural History: “ “ “ .	104	144	248
31	The White House, Washington, and its Occupants since 1837,	100	135	235
32	The proper Relation between Attendants and Patients in Hospitals,	116	135	251
33	Architecture, Grecian and Roman,	125	140	265
34	Architecture, “ “	125	151	276
35	Architecture, Gothic, Byzantine and Chinese, . .	121	149	270
36	Freedmen and their Schools,	121	142	263
37	Language,	106	125	231
38	The Nephila Plumipes or Silk Spider, with illustrations,	125	142	267
Largest total number on any evening,		125	151	276
Smallest total number on any evening,		89	131	220
Average attendance,		111	131	242

An audience varying through a long course of lectures only between the two not very distant extremes—220 and 276—may be considered very respectable in point of numbers. It is certainly sufficient to prevent the speaker from feeling that he is addressing “a beggarly account of empty boxes.”

For the graphic essay upon Life in New York we are indebted to George W. Horr, Esq., of Athol, Mass.

The three interesting, instructive, and finely illustrated lectures on architecture were delivered by Professor E. S. Snell, of Amherst, Massachusetts.

That upon language, which carried the hearers among the most easily reached roots of the matter, by Pliny E. Chase, of Philadelphia, Pennsylvania.

The entertaining account of experience in the schools for freedmen, in Virginia, was given by Miss Julia A. Sherman, of Brooklyn, New York.

The descriptive history of the *Nephila plumipes*, or silk spider, recently found in South Carolina, illustrated by pictures, diagrams, and portions of spider silk, and related by Burt G. Wilder, M. D., of Boston, Massachusetts, attracted, from its perspicuity and the novelty of its subject, the undivided attention of its hearers.

These seven lectures were all gratuities, for which they through whose liberality we were enabled to enjoy them, received the cordial thanks of the audience.

The two lectures on natural history were delivered by the Assistant-Physician of the hospital; for the remaining twenty-nine, the Superintendent must bear the responsibility.

It was intended, as a general rule, that each lecture should occupy from forty-five to fifty minutes, but circumstances sometimes prolonged them to an hour or more. And it is considered worth the while, in this place, as a justification for the liberal disbursement for the philosophical apparatus, to recall to the mind of one of the gentlemen of your Board who was present, the fact that, at the thirteenth lecture, in which it was desired, for special reasons, to try many experiments with the air-pump, the audience of 237 persons, of whom more than two hundred were patients, sat apparently unfatigued, and with unflagging attention, more than two hours.

Other Entertainments.—There were four diverse entertainments in the chapel, in the course of the year, which could hardly be ranked among lectures proper. These were, in the order in which they occurred: first, a concert, by the choir of the Baptist Church in Northampton, and under the direction of their leader, Mr. Sacket; secondly, feats of legerdemain, and the dancing fairies, by Mr. J. W. Cadwell, of Springfield; thirdly, *Jonathan at School*, a poem, by Dr. J. G. Holland, of Springfield; and, fourthly, readings of *The Battle Hymn*, *The American Flag*, and other original poems, by Mrs. Julia Ward Howe, of Boston.

The attendance at these times was as follows:

	Men.	Women.	Total.
Concert,	119	131	250
Fairies,	135	171	306
<i>Jonathan at School</i> ,	126	178	304
<i>American Flag</i> , &c.,	125	142	267

The merits of the music, the fun of the fairies, the marvel of the sleight of hand, the wit and the wisdom of "*Jonathan*," and the patriotism and pathos of "*The American Flag*" were duly appreciated, and, as the alliterative newspaper reporter would have written, had he been present, "they brought down the house, in reiterated rounds of rapturous applause."

This method of expressing approbation is permitted, because there is no good reason for its prohibition; and it would be invidiously unjust to prevent our inmates from making as much noise as other people on similar occasions. Pent humanity finds relief by applause, as a bottle of ale by effervescence. Nor is this the only evidence connected with the assemblies in the chapel, that tastes and habits, as manifested here, are less perverted than is generally supposed. Devotional exercises and philosophical lectures may all be very well in their way, but Mr. Cadwell's tricks and fairies were the power that first succeeded in drawing together three hundred of our household.

The four entertainments were, each and all, free-will offerings to the inmates of the hospital, and it is to be hoped that they who were the donors will receive their reward in the consciousness of the pleasure and the benefits conferred.

Christmas.—On the evening of Christmas, the matter read between the singing of the two hymns, was an interesting and instructive editorial in the “Springfield Republican,” entitled, “Christmas Again.”

The Holy Scriptures.—Poetry.—The ordinary evening exercise begins with singing a hymn, by the choir; is continued by the reading of a chapter in the Bible by the Superintendent, or, in his absence, the Assistant-Physician, and is closed by another hymn, sung by the choir. During the last two years, and more the last year than before, this routine has been varied by the substitution of poetry in place of the Scriptural chapter. This gives a variety which is more acceptable than any monotony, how good soever may be the subject.

This substitution has occurred on twenty-eight evenings in the course of the period heretofore mentioned. That the nature of the selections may be understood, a list of them is hereto appended:—

Address to the Mummy,	by HORACE SMITH.
Goody Blake and Harry Gill,	WORDSWORTH.
Extract, “O for a lodge in some vast wilderness,”	COWPER.
The Wonderful One-Hoss Shay,	O. W. HOLMES.
Ode to Deity,	DERZHAVIN.
Marco Bozzaris,	F. G. HALLECK.
The Hermit,	GOLDSMITH.
Outalissi's Address,	CAMPBELL.
Extract, “Honor and Shame from no condition rise,”	POPE.
Elegy written in a Country Churchyard,	GRAY.
Thanatopsis,	W. C. BRYANT.
Better Moments,	N. P. WILLIS.
The Prairies,	W. C. BRYANT.
Hymn to Nature,	W. B. O. PEABODY.
On seeing a deceased Infant,	“ “
The Child's Warning,	MRS. SOUTHEY.
The Last Man,	CAMPBELL.
A True Story: The Miser and the Dentist,	THOMAS HOOD.
The Wreck of the Hesperus,	H. W. LONGFELLOW.
The Song of the Shirt,	THOMAS HOOD.
The Great Worship,	J. G. WHITTIER.
Absalom,	N. P. WILLIS.
The Dream,	BYRON.
Maud Müller,	J. G. WHITTIER.
I mark the Hours that shine,	ANONYMOUS.
Skipper Ireson's Ride,	J. G. WHITTIER.
Kathleen,	“ “
My Psalm,	“ “

It is believed that it is not too much to say that the characteristics of these pieces, from the solemn majesty of Derzhavin's Ode and Thanatopsis, to the tender pathos of the Hermit and of Maud, the exquisite humor of the logical One-Hoss Shay, and the broader wit of the True Story, were all, to a good extent, appreciated. Poetry, more surely than prose, commands perfect silence in the audience.

As before mentioned, a portion of the Bible was read on each of one hundred and forty-seven evenings. The selection was several times made by patients. Rarely, especially during the past six months, has the propriety of the occasion been disturbed by the thoughtless or the irritable. The touching narrative of the olden time, the story of Joseph, which charms every child who hears it, still holds its mastery over the man and the woman; and during its reading, which occupied five or six evenings, the trite old expression, indicative of perfect stillness, "You might have heard a pin drop," was literally true.

A summary exposition of the attendance on the one hundred and seventy-six evenings occupied by the reading of the Scriptures, the "Christmas Again," and the poems, is appended.

MONTH.	Largest No. present.	Smallest No.	Average No.	MONTH.	Largest No. present.	Smallest No.	Average No.
November, .	225	188	211	May, . .	258	220	231
December, .	229	197	214	June, . .	240	213	228
January, .	233	211	220	July, . .	240	206	221
February, .	228	208	219	August, .	264	222	243
March, . .	233	216	225	September, .	287	229	259
April, . .	244	216	228				

On only three evenings was the number of persons present less than two hundred.

Here closes the account of the chapel assemblages; but inasmuch as in the foregoing analysis of the household exercises in respect to frequency of occurrence, a portion of the time is

assigned to the dance, a few remarks upon that subject may not inappropriately be introduced.

Dancing.—On thirty-one evenings, a part of the inmates have assembled upon one of the floors of the rotunda, to join, either as actor or spectator, in that laborious amusement, upon seeing which at an entertainment given by a British nobleman, a Turkish ambassador asked his host, “Why don’t you make your servants do it for you?” But toil is not disagreeable under some forms and guises; and “work” is acknowledged as the most potent hygienic restorative in hospitals like this.

The dance, in truth, constitutes a happy combination of wholesome physical exercise and pleasant psychic entertainment; and hence, if judiciously managed, cannot well be devoid of utility as a hygienic and curative agent.

The number of persons belonging to the house who assemble at these festivities varies from about one hundred and twenty to one hundred and fifty; and the number of patients who generally dance is not far from forty. The Superintendent and the Assistant-Physician are both usually present—one of them always; and propriety and decorum are required. In every dance except the last for the evening, it is an absolute rule that in each couple there shall be at least one patient. In the “jig,” which alternates with the quadrille, all, generally, are patients. It is necessary, for the attainment of the proper ends, that a rule like that just mentioned should not only exist, but be enforced. Human nature is not wholly philanthropico-beneficent. “Charity begins at home,” in amusements, as in other things; and it *may* be vastly more delightful to go through the figures with a favorite partner, perfectly familiar with them, than to guide a wayward invalid, not particularly well versed in the mysteries of the amusement, and with no common ties of sympathy between the two. *Without* the rule, there might be dances *for* the patients, but they would not long be *by* the patients. *With* the rule, the patients get what belongs to them, *all* derive sufficient enjoyment, and the evenings of the dances are anticipated with more pleasure than any others. Attendance upon these occasions is always optional with the patient.

On two of the evenings, Mr. W. A. Hubbard, of Northampton, and some of the other members of the band of which he is the leader, furnished excellent music, gratuitously.

Recreative Exercise.—The two principal subjects under this head are *walking* and *riding*. In suitable weather, a large part of the patients who are not obtaining sufficient exercise by some employment, walk out in company with their attendants, generally once, not unfrequently twice, in the day. A record, throughout the year, of the daily number of those in the female department who have taken this exercise, gives the following monthly aggregates:—

MONTH.	Number who walked out.	MONTH.	Number who walked out.
October, 1865, . . .	1,055	April, 1866, . . .	1,172
November, 1865, . . .	1,352	May, 1866, . . .	1,437
December, 1865, . . .	867	June, 1866, . . .	1,227
January, 1866, . . .	1,034	July, 1866, . . .	1,575
February, 1866, . . .	600	August, 1866, . . .	2,323
March, 1866, . . .	739	September, 1866, . . .	2,109

Hence we have an aggregate number for the year of fifteen thousand four hundred and ninety.

Some of the patients, because of illness, others because of the nature of their mental disorder, rarely or never go out; and from forty to forty-five others are at work in the sewing room and other departments out of the wings. With these deductions, and with due allowance for foul weather, illness of attendants, the absorbing duties of special days, and the excessive cold of winter, it will be found that a wholesome activity has prevailed. No record was kept in the men's department.

The grove east of the hospital is devoted to the use of the females. It has been more beautiful this summer than ever before; and its conveniences have been enhanced by the addition of several "central park settees," one of the most comfortable seats of the kind hitherto made. These are placed near the swing; and thus is formed a delightful retreat for a warm afternoon or a summer twilight. It makes a good resting place for parties walking, and a pleasant special resort.

Riding has been continued, as heretofore, but the new and more commodious carriage, purchased about three months ago, has seats for twice as many patients as the old one, and hence the privilege can be granted to a greater number than heretofore.

Although the riding is often extended to the neighboring villages, and sometimes to adjacent towns, yet much more of it than formerly has been, the past season, upon the premises. The road which passes around the meadow furnishes an agreeable, secluded route. It has been recently improved, and now makes a good carriage-way, though susceptible of further improvement, which shortly awaits it in the future. The whole length of road on the farm is two and two-thirds miles.

On many days, in the course of the past summer, one of the patients has driven over these roads with successive parties of his fellow-inmates.

Amusements.—Bowls, billiards, bagatelle, cards, chess, backgammon, chequers, and—not to be forgotten, lest we might be thought unfashionable—croquet, (or, as one of the *dilettante* patients writes it, *krow-keigh*,)—are the principal games, the means for which are furnished to the inmates. We almost blush at the acknowledgment that croquet has hitherto been but slightly attractive to them. But there is “hope for better days to come.”

A foot-ball has been the source of some exercise and amusement in the women’s department, and bags of beans curveting in parabolas, cycloids, anti-catenas, and other mathematical, as well as problematical, lines through the hall, have imparted merriment and a good appetite.

Throughout the year, as throughout that which next preceded it, billiards has been a more constant resort than any other game. The table is accessible, both day and evening, and is furnished with players a large part of the time.

Another and very handsome rosewood table has recently been purchased, enlarging the resources in this direction.

This amusement is engaged in almost exclusively by the boarders, or pay patients. The State patients are mostly of a class who appear to have little taste for it.

Reading.—The library has received important additions in the course of the year, and now contains eleven hundred and

fifty-four volumes. The number taken out, by readers, in the last twelve months, is twelve hundred and eighty-one; and only one volume has been lost.

Aside from this constant fund of standard and popular literature, ten daily, three semi-weekly, and nineteen weekly publications are taken by the hospital, the patients, and the employés; and eighteen miscellaneous "exchange" newspapers are each week received from the office of the "Hampshire Gazette."

The several prominent specific means included in the plan of moral treatment having been passed under review, you will, perhaps, permit a few general remarks connected with the subject.

If there be principles in accordance with which generalizations may be made and rules formed for the management of the insane, the first and most fundamental is *truth*. Truthfulness in speech and truthfulness in act should be the primary motto of him who would succeed in this somewhat peculiar sphere of life. In no other way is the confidence of the patient easily to be gained; and that being gained, although at times your assertions, decisions or demands may not be in accordance with his desire, he will respect you for your candor and honesty, and act accordingly. He who feels bound to practise falsehood, whether in word or in deed, will not, if he be wise, select insane persons to practise it upon.

Twenty-five or thirty years ago, when hospitals were few, and a knowledge of the modern method of treatment in them had been but partially disseminated, persons were very frequently enticed to those institutions by false pretences. There is probably not a hospital in the country, which was erected more than fifteen years ago, at which the practice has not been condemned by the Superintendent, in one or more of his annual reports. It was to be hoped that this resort to subterfuges had ceased; but it has not, and in the course of the last year several instances of it have occurred in the cases of persons admitted here. The purity of intention of those who thus acted is not questioned. The motive was good, and although the course of action was wrong, it originated in ignorance of the right.

It being decided to place a person in the hospital, let him be frankly informed of that decision. By proper management in

doing this, he will generally consent to the change, or, at least, will not oppose it. If he does not consent, and does oppose, better by far that he should be brought manacled and bound from head to foot, than that he should be lured by promises made to be broken, and by anticipations which are doomed to disappointment. We should have, not a mere bedlam but a perfect *inferno* under this roof, if we attempted to pursue that systematic course of deception which we have but too often observed in those upon whom, perhaps for the first time, devolved the control of persons insane.

The insane generally act from the same motives, and are governed by the same agencies and influences as other men. If there be any difference, it is that the former, more than the latter, are like children; and the same qualities which command a ready and cheerful obedience in a school, which induce order and discipline among pupils, will effect the same ends in a hospital and among its inmates. The patients should be treated as far as possible as if they were not insane. Treat them like rational beings, and let them understand that you expect rational conduct from them, and, with but comparatively few exceptions, your expectations are not disappointed. In pursuance of this policy we permit few if any of those whimsicalities of dress which were formerly considered as almost a necessary belonging to mental derangement, and none of that fantastic "ornamentation" of rooms, fondness for which, like the fondness for gaudy clothing, arises from a perverted taste or a disordered imagination.

A large part of the eccentric habits, practices, and incidental actions into which the insane gradually fall, if left to themselves, may, like their tricks of dress, be easily broken up or prevented, without coercion or severity of any kind. A simple request for their abandonment is often sufficient. If more is required, the person should be impressed with the fact that *other persons* do not indulge themselves in the habit; and even, in some cases, its irrationality and absurdity may be pointed out with good effect. There are patients now in the house, as you, gentlemen of the Board, will bear witness, in whose cases broadly eccentric habits which had existed for years, have, through the influence of such means, been relinquished.

Attendants.—The persons who have the immediate care of patients in hospitals for mental disorders are called *Attendants*, and not *Nurses*, as in most other hospitals.

It has been much less difficult to obtain suitable attendants in the men's department, than it was during the war; and there has been a great improvement, in the course of the year, in the performance of the duties in that department. You cannot have failed to observe the greater cleanliness and good order of the halls and dormitories, the more comfortable and home-like aspect, the improved appearance of the patients, and the more general prevalence of quietude and content, as well as the greater promptness and better discipline of the attendants.

In procuring men for this important and peculiar service, preference has been given to those who had been in the late army of volunteers, not alone from a willingness to employ them because they had served their country, but furthermore, in the hope that, as they had been in a position to learn self-discipline, they might the better serve the interests of the hospital. This hope has not been wholly disappointed. Eleven ex-volunteers have been employed. Several of them made better attendants because they had been soldiers; in some, that experience appeared to be of no advantage; and in a few, the habits acquired in the army unfitted them for any position in the hospital.

Several among the best attendants were still minors in respect to both age and size,—a fact hardly consonant with the notion that government, in an institution of this kind, must rest entirely upon physical force. Indeed, more than one of you, gentlemen, and more than once, have expressed surprise that the apparently difficult duties in halls containing from fifteen to twenty-five patients can be performed by persons so young and so small. But there is a possibility, at least to a certain extent, that “the lion shall lie down with the lamb and a little child shall lead them.”

In the women's department there have been fewer changes of attendants than in the men's, and there is less difficulty in obtaining suitable persons for the position. If there has been less improvement during the year in this department than in the men's, it is simply because there was less room for it, and not from want of intent or effort.

Of all the many spheres of human action, there is none which affords more room for the development of the virtues, or greater scope for their activity, than that of "attendant." Nor is the converse of the proposition less true; for in no position is it more important to subdue vices and control the passions. If any person deserves to be canonized, it is the *perfect* "attendant." But canonization is not the fashion of the day; and although, if it were, no candidate for its offices might be offered here, yet the corps of our assistants in this capacity is as satisfactory as can reasonably be expected, and presents but little room for censure.

In one of the recent reports of the hospital at Worcester, the question of elevating the standard of hospital *attendance*, by retaining in service for a longer period persons properly qualified, by both nature and experience, for the business, is well discussed. Doubtless every superintendent will sympathize with Dr. Bemis in his feeling of the need of such improvement, and perhaps agree with him in the method of its attainment, provided that method can be fully carried out. But its full operation would require a large increase in the number of attendants, at most hospitals, and even more than a corresponding outlay in pecuniary expenditure. This outlay few hospitals, with their present resources, could bear. Among the proposed means of retaining attendants is the promotion "of social intercourse, by special privileges and otherwise." As intimated above, with sufficient money to pay a largely increased number of attendants, this might be done; and no one more than the writer of this Report would rejoice at its consummation. But, under present circumstances, I am convinced that it is impossible. The experiment has been tried here, and proved a complete failure; how complete, they who have the most thorough knowledge of human nature can best imagine, but they alone can *know* who have witnessed its consequences.

Internal Arrangements.—Daily Routine.—As it is not improbable that this Report may fall into the hands of some persons interested in hospitals, but uninformed in regard to their internal organization and operation, it is proposed briefly to consider these subjects.

The persons charged with the direct care and treatment of the patients, are the Superintendent, the Assistant-Physician,

the supervisors, one of each sex, and the attendants. The supervisors are "subordinate officers," whose position is between the Assistant-Physician and the attendants. They have the general oversight of the patients and their apartments, direct the attendants in the performance of their duty, carry the medicine as well as the clothing and other supplies to the halls, and see to the execution of all orders applicable to their departments. The men's department is in the north wing of the building; the women's in the south.

The whole household eat at twenty tables; one in the Superintendent's apartments, one in the rear centre building, and nine in either wing. The one in the rear centre is set twice at each meal,—once for the farmers and some others, and once for the supervisors and the people employed in the kitchen, the laundry, and other parts of the centre building. The attendants eat with the patients, and have the charge of their tables. The food for all the tables is raised from the basement upon "dumb-waiters," and that for the patients is carried from the kitchen to those dumb-waiters on cars running upon a miniature railroad which extends through the basement of both wings.

All the baking for the household is done in the building, the oven being heated by a wood fire. In the kitchen there is a "range," and a "broiler," and in the laundry a "flat-heater," all used with coal fires. Aside from these, all heat for cooking, washing, warming the house and other purposes, is supplied by steam from one range of three—soon to be increased to four—tubular boilers, in a building back of the rear centre. For from three to four months, in the winter, the fires are continuous under the boilers, there being a night engineer. In warmer weather, the engineer or his assistant, being waked by the watchman, rises in season to kindle the fires and have a supply of steam for boiling when the bell rings for the household to rise.

At five o'clock in the summer, and later in the cold season, the watchman rings the bell, and soon afterward goes off duty. It is expected that all, both employés and patients, will rise immediately. The attendants see that the patients get ready for breakfast, and, with the assistance of patients, engage in the morning work of the halls.

The heads of the several departments of labor, the centre, the kitchen, the bakery, the laundry, the boiler-room, the stable, and the farm, go to the halls for the patients who work in those departments.

The supervisors go through the wings carrying each a tray of cups with medicine, administering that medicine, and giving such directions and assistance as may be necessary.

At half past six o'clock, in summer, at seven in spring and autumn, and at half past seven in winter, the steam-whistle is sounded for breakfast. The patients at work in the several departments return to the halls, where they take their meals. All the tables are set with furniture used at family tables, except that, in the men's wing, there are two which have spoons instead of knives and forks. The farmers also breakfast at this hour; and the employes before mentioned, as soon as the table can be prepared after the farmers have eaten.

The hours for breakfast and dinner in the Superintendent's apartments are half an hour later than those for the patients.

Immediately after breakfast the heads of departments take out such patients as work regularly. At the present time the number is as follows:—of women, centre, 2; rear, 2; sewing room, 20; laundry, 12; and kitchen, 9; of men, laundry, 1; kitchen, 3; bakery, 2; boiler-room, 2; stable, 1; barn and farm, 12; grove, (grubbing,) 8 to 10.

At eight o'clock in summer, and at nine in winter, the regular daily medical visit is begun. The Superintendent and the Assistant-Physician make it in company, three—sometimes four—times in the week, the latter making it alone on the other days. They are accompanied, in either department, by the supervisor. At the time of this visit it is expected that the morning work shall have been done, the beds made, and the halls, dormitories, and dining-rooms put in good order. The only exception to this is, that on three days in the week the beds are left unmade to a later hour, for the purpose of airing.

It is further expected that in nearly all the halls, the patients will be collected as much as is convenient into one part of the hall—generally the “bay.” The object of this is twofold; first, discipline, from the practice of self-control by the patients; and, secondly, the saving of time and steps to the physicians; for, even with this grouping, the visit generally occupies two

hours, often two hours and a half, and is more fatiguing than a walk of six miles.

While the visit is being made in the men's department, some of the attendants in the women's department take their patients to walk, returning before the physicians arrive at their halls. If, for any reason, this walk is not taken before the visit, it is afterwards.

As soon as the physicians have passed through a hall, the attendant of that hall is at liberty to walk out with his patients, or take some of them to the bowling-alley, or to the performance of some casual work. For instance, it is the duty of one attendant to go around the building, twice each week, and pick up whatever may have been thrown from the windows. He takes three or four patients with him. Again: the attendants and patients keep the roads on the premises in order—free from ruts, weeds and grass, and well raked. They go over them, generally, twice each month, except in winter. A company of from twenty to twenty-four patients, with two attendants, work together.

Sometimes, also, in the forenoon, but oftener in the afternoon, some of the patients are taken out to ride.

The medical visit being finished, and the clerk, who has been to the village, having returned with the mail, the supervisors carry to the halls the medicines immediately required, the newspapers, and the letters for the patients.

Fortunate are the physicians and the supervisors if they have been permitted to complete their visit undisturbed by calls to other duty. For not unfrequently some one of them is summoned away, by a want in some other department, or by persons on a visit to a relative among the patients. The hospital is so large that if one of its officers or employés is wanted in the centre, it may be almost a Sabbath day's journey to find him, if he be at his post; and if not at his post, the attempt to find him may be as dubious as the search for a stray child in a city, or, more graphically, "for a needle in a hay-mow."

To obviate this difficulty there is a large gong-bell, out-of-doors, over the chapel, with a wire-pull running to the medical office. The persons most frequently wanted are called by ringing this bell, and the person required is designated by the number of pulls. They are as follows, arranged nearly in the

order of the frequency in which the persons are respectively wanted.

Supervisor of men's department, called by one pull.

Supervisor of women's department, called by two pulls.

Clerk, called by two pulls and one pull, with interval.

Assistant-Physician, called by three pulls.

Superintendent, called by four pulls.

Engineer, called by five pulls.

Watchman, called by six pulls.

Carpenter, called by seven pulls.

In the course of the forenoon perhaps several parties of visitors have arrived, "to see the hospital." Each party has been received by the person appointed to that duty, and conducted through the rotunda, the chapel, and the sewing-room, as well as the kitchen, the bakery, and some other parts of the basement.

At half past eleven o'clock the steam-whistle is sounded as a preparatory signal for dinner, and the patients who are at work out of doors return, with those who took them out, to their respective halls: and before twelve o'clock those who are in the sewing-room, the laundry, &c., return in like manner.

Meanwhile the attendants, with some of the patients, have prepared their tables; and as noon is nearly approaching, they open the doors to the dumb-waiters and become themselves—dumb or otherwise—waiters for food.

At twelve o'clock the whistle is sounded for dinner. The two cars at the kitchen door, each laden with the food for one wing, start by compulsion of one-man power to each, and arriving under the rotunda, separate, one taking the track which runs beneath the north, the other that which is beneath the south wing.

At the first station under each wing, the food for six tables, two in either story, is deposited upon the dumb-waiters and raised to its destination.

Order and decorous conduct are maintained at the tables. Here, as in most other places, at meals, there is a general unanimity of purpose, a sincere earnestness in the pursuit of an object, and a quiet harmony of action which, in other spheres of human activity, would lead to great achievements; and among our patients, as abroad upon the earth, if a favor

be desired, the man of worldly wise experience would ask it after dinner.

Dinner being over in the halls, the attendants, assisted by patients, clear the tables, send the refuse, *via* the dumb-waiters, to the kitchen, wash the dishes, and set the tables for supper.

At about one o'clock, P. M., the patients who work are taken, as before, to their several departments. In the course of the afternoon, many go out to walk, ride, bowl, or perform incidental work. In the front centre, visitors are received, and their objects attended to as in the forenoon. The clerk returns from the village with the mail at about four o'clock, and the supervisors, as in the morning, carry to the patients whatever is intended for them. Letters relating to the finances of the hospital are mostly answered by the clerk; those which contain inquiries or other matter in reference to the condition or needs of the patients, by the Superintendent; and a large majority of both these classes of communications are answered by the first return mail.

Late in the afternoon, the Assistant-Physician passes through the halls, on the second medical visit of the day.

Half an hour before the time for supper, the steam-whistle is sounded for the return of out-of-door patients to their halls, and the supervisors carry the medicine in the same manner as in the morning.

At half past five o'clock, in winter, and at six during the warm season, the patients and the farmers have their suppers. At the Superintendent's table, this meal, with a short period exceptional, is at six. The only working patients who are regularly taken from the halls, after supper, are those who are employed in the kitchen.

Upon the long days and in the pleasant twilights of summer, as many of the patients as at any other part of the day, and often more, are walking after supper on the grounds, or sitting in groups in the grove. But during the rest of the year, those who have no work to perform do not leave the halls after this meal.

Before the chapel hour, the outside doors of the wings are locked by the supervisors, with keys of which no other employé holds a duplicate. The locks of the north wing differ from those of the south.

The gathering in chapel is the only nearly constant appointed exercise or duty of the patients, between supper and going to bed. At a quarter past seven o'clock in summer, and half past seven the rest of the year, this assemblage is summoned by the bell. As the hour approaches, the patients from all sections of the wings are collected in the halls nearest the chapel, the several groups under the charge of their respective attendants. When the summons is given, those from some of the upper halls pass through the upper rotunda to the gallery, and all the rest through the middle rotunda to the body of the chapel. The women go in first, and sit upon the south side of the aisle; the men afterwards, and sit upon the north side. The attendants sit upon the ends of the settees next the aisle, and the supervisors near the door.

Services being concluded, the men are the first to leave, and they retire simultaneously from the floor and the gallery. They go out in the most orderly manner, beginning with those upon the front seat, and proceeding, seat by seat, in succession, those upon any seat after the first not rising until all who sat forward of them have passed the end of that seat. The supervisor stands just without the door, in the rotunda, and the attendants at the ends of the seats, to preserve the order of successive rising. The women then retire in similar order.

Returned to their respective halls, the patients retire for the night as soon as they please, and most of them do so immediately. Others entertain themselves, if men, some in reading, some at billiards, some in other games, some perhaps in lounging on the sofas or settees, and some in nothing in particular; if women, in sewing, knitting, reading or other similar employments, or, like some of the men, in nothing worth the mention.

At half past nine o'clock, the summons for retiring is given, in summer by the bell, (there being no steam,) and in winter by the steam-whistle. In from five to ten minutes afterward the gas is shut off from all parts of the building except the front centre. There is then no other means of lighting than the lantern lamps.

The watchman goes on duty at a time varying with the season from six to half past six o'clock, P. M. He attends to callers at the front door through the evening; lights the gas in

the medical office, the several stories of the rotunda, the chapel, and the rear entries; rings the bell for chapel and for retiring to bed; extinguishes the lights which he lighted, shuts off the gas, and locks the front door and the stable doors. This being done, he goes through all the halls of the men's department, and tries every door, to see if it is locked. At ten o'clock, he goes around the building, out of doors, sees that everything is in order, and if any light is still burning in either wing or the rear building—the upper chambers of which are occupied by employes other than attendants—he reports it in a record book. He makes the circuit of the halls of the men's department hourly through the night, and records the general, and in some cases the special, condition of the patients. He attends to those who are not well, yet not sufficiently ill to need a constant watcher. If any further assistance is needed, he calls the supervisor. If the latter requires further aid or advice, he calls the Assistant-Physician.

Such is the usual routine of the daily movement of the household. It does not, of course, include many things of irregular occurrence, and others which, though regular, are not repeated daily. The Superintendent and the Assistant-Physician visit, separately, casually and unexpectedly, the patients' halls. The supervisors do the same frequently. There are regular days for taking books from the library; for bathing the patients and changing their clothing; for carrying the soiled clothing to the laundry, and again, for returning it after it is washed; and for furnishing supplies to the patients and the halls. It is intended that everything susceptible of performance upon a fixed day, and at a fixed hour, shall be so performed. Both the ease and the order, to say nothing of the simplicity, of *system*, are thus attained.

Distribution of Supplies.—The system for the distribution of supplies, mentioned in the report for last year, has been continued and improved. Its peculiarities are these:—

1. Nothing given out without the authority of a written order signed by the Superintendent.
2. Regular times for distribution.
3. A record of every article given out, and of the department or the person receiving it.

There is but one day for distribution, in the week; and but few instances have occurred in which it became necessary to furnish anything on any other day.

The advantages derived are:—

1. *A great economy of time and labor.* It is the unanimous opinion of all who do the distributing, that the time and the work required are not more than *one-fourth* as great as before the system was introduced.

2. *A still greater economy of noise.* There is now no incessant running for one thing here, another there, and a third yonder. It is all done with scarcely a ripple,—and even that ripple occurs but once in seven days,—upon the surface of the hospital's quietude.

3. *Economy of supplies; and hence, of money.* It is impossible to ascertain the precise degree of effect in this direction; but there are facts, some of which have been brought to your notice, showing that the saving is large.

Persons interested in this general subject are referred to the Appendix, where they will find a table exhibiting the quantity of the supplies included in this system of distribution which have been furnished to each department of the hospital, in the course of the year.

Gas.—In his monthly report for June, 1861, the Superintendent at that time used the following language:—

“The Superintendent asks respectfully to direct the attention of the Board to the gas bills and to the kitchen furniture, in the hope that an appropriation may be had, next winter, for the more economical administration of two of the most important departments of the household affairs.”

The excessive consumption of gas in the hospital was thus early observed, and its importance, in a pecuniary point of view, appreciated; but so far as appears, the legislative aid suggested for its diminution was never invoked, or, if invoked, was never received and devoted to the attainment of the end in view.

Consequently, the liberal use of light was continued; and the sums annually paid for gas, in the three years next following

the date of the monthly report above mentioned, were as follows:—

From July 1st, 1861, to June 30th, 1862, inclusive,	\$2,125 31
From July 1st, 1862, to June 30th, 1863, inclusive,	2,066 77
From July 1st, 1863, to June 30th, 1864, inclusive,	2,121 14
Annual average,	<u>\$2,104 40</u>

The present Superintendent was appointed, and entered upon duty, two days after the close of the last of the three years here mentioned. In the annual report for the fiscal year ending September 30th, 1865, the efforts during the year covered by that report toward a reduction of the quantity of gas consumed, were mentioned, together with the financial results. The same object has been pursued throughout the year just closed, with the following result:—

Cost of gas from Oct. 1st, 1865, to Sept. 30th, 1866, inclusive, \$1,107.98.

Decrease from the annual average above stated, \$996.42, or 47.34 per cent.

The reduction, as will be perceived, amounts to within less than four dollars of one thousand dollars. This result has been attained not by the deprivation of necessary light from any department or any person in the establishment. Every patient and every employé who desires to read or to work in the evening, has direct access to the light of a three-foot burner, which is equivalent to that of six or eight candles; and some of them to that of burners of still greater capacity.

A daily register of the quantity of gas used has been kept since the beginning of the current calendar year. This record furnishes the subjoined statistics of the largest and the smallest number of cubic feet consumed on any day in each month:—

	January.	February.	March.	April.	May.	June.	July.	August.	September.
Largest, . .	1,900	1,600	1,200	800	600	400	350	650	800
Smallest, . .	1,400	1,200	700	400	300	200	100	250	450

Hence it appears that the quantity varied from nineteen hundred feet to one hundred feet, in the twenty-four hours. There were but three days in which it equalled nineteen hundred, and but one in which it was below one hundred and fifty feet. The following schedule is derived from a monthly register kept throughout the official year:—

	Gas Consumed.		Daily Average.	
October, 1865, .	36,175	cubic feet,	1,167	cubic feet.
November, 1865, .	44,300	“ “	1,477	“ “
December, 1865, .	51,600	“ “	1,664 $\frac{1}{2}$	“ “
January, 1866, .	48,200	“ “	1,555	“ “
February, 1866, .	37,100	“ “	1,325	“ “
March, 1866, .	30,800	“ “	993 $\frac{1}{2}$	“ “
April, 1866, .	18,500	“ “	617	“ “
May, 1866, .	12,300	“ “	397	“ “
June, 1866, .	9,100	“ “	303 $\frac{1}{3}$	“ “
July, 1866, .	7,750	“ “	250	“ “
August, 1866, .	12,250	“ “	395	“ “
September, 1866, .	19,400	“ “	646 $\frac{2}{3}$	“ “
Total, . . .	327,475		897 $\frac{1}{10}$	

The whole consumption in the hospital, in the course of the year, is thus seen to be three hundred and twenty-seven thousand four hundred and seventy-five cubic feet; but to this should be added four thousand six hundred cubic feet used at the pump-house, making the whole quantity consumed on the premises, three hundred and thirty-two thousand and seventy-five cubic feet.

FARM.

The farm is still under the immediate supervision of Mr. Wright, and continues to improve in aspect, in fertility, and, consequently, in power of production. Owing, however, to the severe drought of the summer of 1865, and the insufficiency of snow, the past winter, to form a protective covering, much of the grass was killed, and the production of hay was less by twenty tons than that of the preceding year.

All of the other crops were equal, at least, to the average of seasons; and some of them were unusually large.

One hundred and sixty-five loads of muck, from the peat meadow, have been used as an absorbent in making manure; and the leaves raked from eight or ten acres of grove were put into the barnyard.

In the fall, 277 cart-loads of manure were drawn from the yards to the fields, and in the spring, 555 loads, making a total of 32 loads.

Forty-four rods of stone underdrain has been laid in the course of the year; fifty peach trees have been set; and one-eighth of an acre set with currant bushes, thus doubling the quantity of the latter, on the place.

The cutting of underbrush and grubbing the soil in the groves has been continued; several hundred tons of rocks have been excavated, and about two acres of thicket converted into prolific grass land.

The grading of the high bank that borders the town road, between the two entrances to the premises, was begun last autumn, and continued in the spring. Several hundreds of loads of earth have been removed, and a large part of it used in filling two low and marshy tracts, one of which has been an "eye-sore" in the aspect of the lawn.

Near the easterly entrance to the premises a culvert has been made, and pavement laid in some ten rods of road-side gutter, thus mostly preventing that removal of soil, by rains, to which, from the steepness of its declivity, that section of the farm was particularly liable. In two places where, after rains, there was a flowage of surface-drain across the road, culverts of cement pipe have been laid.

The cesspool at the outlet of the main sewer has been overhauled and newly covered, and the decayed underground board troughs which conveyed the overflow for more than two hundred feet towards the meadow, taken up, and their place supplied with six-inch cement pipe.

And last, though far from least in importance, a Fairbanks' hay-scale, of capacity to weigh four tons, has been placed at a point near the stable, where it is easily accessible by teams bringing either hay or straw for the barn, or coal for the house.

The products of the farm for the year, some of them, as the

harvest is yet unfinished, necessarily mere estimates, are as follows:—

PRODUCTS OF THE FARM.

Hay,	42 tons,	\$1,050 00
Oat straw,	3 “	42 00
Corn,	375 bushels,	375 00
Oats,	225 “	135 00
Broom seed,	50 “	12 50
Potatos,	2,200 “	1,650 00
Carrots,	3,000 “	900 00
Beets,	275 “	137 50
Onions,	150 “	112 50
Turnips,	300 “	60 00
Parsneps,	5 “	3 75
Beans,	73 “	109 50
Beans, string,	15½ “	23 00
Peas, green,	24 “	46 00
Sweet corn,	63 “	63 00
Cucumbers,	49 “	98 00
Tomatos,	125 “	156 25
Peppers,	1¼ “	2 50
Currants,	7 “	28 50
Quinces,	1¼ “	5 00
Summer squashes,	14 “	17 50
Corn fodder, (growth of 3 acres,)		75 00
Lettuce,		11 00
Asparagus,		21 50
Pie plant,		32 00
Beet greens,		36 00
Melons,	4,350 lbs.,	87 00
Winter squashes,	10,000 “	300 00
Broom brush,	500 “	50 00
Pork,	5,443 “	957 79
Veal,	1,557 “	248 95
Turkeys,	251¼ “	67 45
Chickens,	51 “	12 85
Roasting pigs,	2	8 00
Cabbages,	3,408 heads,	204 48
Apples,	10 bbls.,	40 00

Cherries,		\$4 00
Eggs,	43 $\frac{1}{4}$ doz.,	13 92
Milk, grass fed,	15,327 qts.,	1,226 16
Wood,	8 cords,	40 00
Lumber,	6,000 feet,	38 00
Total value,		<hr/> \$8,501 60

At many public institutions it is customary, in estimating the value of the farm products, to include *the whole quantity of milk*. But, in this climate, more than one-half of this product is the result of the consumption of other substances,—hay, carrots, &c., grown upon the farm,—the value of which is likewise included. This is obviously an inaccurate representation, making, where there is a large dairy, the value of the materials produced much greater than they actually are.

The whole quantity of milk derived from the hospital farm the past year, was 61,308 quarts. Only one-fourth of this is included in the foregoing account. Had the whole been included, the aggregate value of products would have been \$12,180.08, instead of \$8,501.60.

Although the legitimate business of a hospital may not be the raising of large animals, yet the subjoined facts may be of some interest to agriculturists.

One hog slaughtered in the course of the year weighed 740 pounds. A calf, dropped by a cross of native and a low grade of Ayrshire, and sired by a high grade of Durham, was fed only by the milk of the mother, and slaughtered at the age of eight weeks and one day, with the following results:—

Weight of carcass, 183 lbs.; value at current price, .	\$36 60
“ skin, 23 lbs.; sold for	3 83
Value of the calf,	<hr/> \$40 43

The mother was bought in 1862 for thirty-five dollars.

The grounds surrounding the buildings have been looking, throughout the warm season, remarkably well, and have been kept in excellent order by the hostler and one of the patients. Flowers have been abundant, and the shrubbery and the young trees have attained a size which gives an improved appearance to the hospital and its immediate vicinity.

IMPROVEMENTS.

It has been the intention that, besides the reparation of all casual damages to the building, its fixtures or appurtenances, no working day should pass without some addition in the way of permanent improvement. In the course of this Report, several of these improvements have been mentioned, in connection with the subjects to which they respectively relate. It is here proposed to speak of some of the most important of those to which no allusion has been made.

A house painter has been constantly employed throughout the year, with an assistant during the last two months. The cupolas and the window frames and iron sashes of the windows of both wings have been painted, externally. The color of the cupolas was formerly much lighter than that of the body of the building; and the window frames and sashes were white. The cupolas and frames are now in imitation of sandstone, and the sashes darker than before. This alteration has changed the whole aspect of the hospital, giving to it a unity, a solidity and a richness of appearance which properly belong to good architecture.

The central cupola, which was formerly open to the public, has been painted internally, at the sacrifice of one of the most extensive collections of autographs in western Massachusetts; and some of its old wood work has been changed for new, depriving many persons of a jack-knife immortality. More than one hundred bedsteads and a large number of chairs, wash-stands, bureaus, wardrobes and other articles of furniture have been re-stained and varnished; and much painting, graining and varnishing done upon the internal wood-work of the building.

The chapel which, with its large windows and broad masses of white walls, appeared both blank and glaring, has been colored in fresco, very much to its improvement, and over its desk three paintings in oil, one an emblematic design, and two with mottoes from the New Testament, have been made upon the wall. The cabinet organ formerly used in the chapel has been exchanged for one of larger dimensions, greater power, and finer tone.

In the basement, the windows of several rooms connected with the kitchen have been furnished with blinds, the store-

room for soap and other of the coarser supplies has been enlarged by enclosing the space between two successive arches ; and a store-room for sand has been enclosed, as well as a still larger one, containing the spaces between five arches, for lumber and empty barrels.

The fourth halls of the north wing were the most imperfectly heated, last winter, of any part of the building. To avoid this defect in future, the radiators in the air-chamber in the basement have been elevated, and each one boxed in, so that the heated air from it *must* ascend through the inclosed flues which lead to three of the rooms for patients ; and a steam-pipe communicating directly between them and the boilers has been laid, boxed under ground, across the intervening yard. It is believed that those halls will now be well warmed.

Further changes in the system of lockage than those recorded last year have been made, by furnishing many doors with dissimilar locks.

Twelve wardrobes have been made, nine of them for the rooms of patients ; the dry goods store-room has been fitted up, so that it now has the appearance of a country store ; and in this room a large chest, capable of holding five hundred single blankets, has been made for a deposit of those articles when taken from the beds in summer.

The large rotundas have heretofore been devoid of furniture, unless the boxes of plants on the lower floor may be included under that name. A beginning has been made to supply this defect, by the purchase of three ornamental iron settees.

In the patients' halls, besides the changes already mentioned, in one of the only four remaining dining-rooms where long benches were used as seats, those seats have been substituted by chairs ; many of the rooms for patients have been supplied with strips of carpeting ; one hundred framed pictures have been suspended ; the large apertures for ventilation in the chimneys of the north wing have been fitted with wooden blinds having movable registers ; and partitions with doors have been constructed on the landings of the two stair-cases between the third and the fourth halls. By the last mentioned alteration the detrimental intercommunication of the patients in the several stories has been effectually prevented.

The old pump-house, removed several years ago from the river, and placed in the rear of the hospital, as a convenient appendage to the kitchen, has been raised from the ground, underpinned, and its flat roof elevated and shingled.

The gravelled roofing of the stable having become imperfect, it has been removed and replaced by a covering of tin. Beneath it are two newly purchased sets of double harness, one for the farm horses and one for the carriage horses. Here, likewise, is the new double carriage already mentioned, and, beside it, the new top-buggy—the first carriages ever belonging to the hospital which were not purchased at second hand.

Visitors.—In former years, upon the secular days which have been legalized as holidays, the number of visitors at the hospital was so great that many of its officers and employes might appropriately have applied to themselves the modified line of Alexander Pope:—

“E’en holidays shine no holidays for us.”

Having arrived at the conclusion that the law-makers of the Commonwealth, in setting apart those days for rest, did not intend that, at the State Institutions, they should be the most arduously laborious days in all the year, the custom of receiving visitors upon them was suspended on the fourth of July, 1865, and has not since been resumed.

It may not be improper, gentlemen, that, in this connection, the executive officers of the State should, by this Report and through your Board, be informed of your recent action in limiting the reception of general visitors to Tuesday and Friday of each week. The basis or immediate cause of this action was the fact that, on the twenty-seven secular days of August last, the number of visitors, including those who came on pecuniary business or to see their friends, but *not* including those who came to the rear buildings with supplies, or for other purposes, was *one thousand two hundred and thirty-nine*. Persons intimately acquainted with establishments like this need not be told to how great an extent this constant ingress of visitors tends to defeat the objects for which the hospital was founded.

Gifts.—Acknowledgments have already been made of the several gratuitous contributions to the entertainment of the household, by persons unconnected with the hospital. It is a pleasant memory that the number of them is so large. Nor is it less satisfactory to know that others have perceived this sphere of beneficence, and added their contributions to our means of effecting the great object of the institution. These hitherto unacknowledged gifts are as follows:—

From Mrs. Lafayette Clapp, of Easthampton, twenty-five pounds of raisins, for the patients.

From Miss D. L. Dix, one ream of note paper and three hundred and fifty copies of a pocket hymn-book, to be distributed among the patients. Also one hundred lithographic pictures, fifty of which have been framed and hung in the halls.

In money, from a lady in Brooklyn, N. Y., \$27.80; and from James E. Oliver, of Lynn, Mass., \$10. These sums have been expended in the purchase of books for the library.

From Horace James, Esq., twelve volumes of books for the library.

From the Hon. W. C. Washburn, M. C., the following books, viz.: The Eighth Census of the United States, three volumes; Report of the (Congressional) Committee on the Conduct of the War, three volumes; the Report upon Andersonville Prison, one volume; and the Report upon the Fort Pillow massacre, one volume.

From Dr. Thomas S. Kirkbride, of Philadelphia, Pa., two volumes of books for the patients.

From Dr. Jefferson Church, of Springfield, Mass., one copy of Tully's *Materia Medica and Therapeutics*.

From Dr. Joseph K. Barnes, Surgeon-General U. S. Army, one copy of "Circular No. 6," a highly interesting and valuable contribution to Medicine and Surgery.

To Dr. Bartlett am I indebted for that more constant observation of the patients from which, by the many other duties of superintendence, I am debarred.

Mr. C. M. Moody, the attentive, prompt and efficient clerk during the whole period of my connection with the hospital, is

about to leave, much to my regret. It will be difficult, entirely to fill his place.

Mr. Morse has proved himself to be a good engineer. To his constancy at his post, his watchfulness and attention to duty, we are in a great measure indebted for the degree of success in heating the building during the past winter.

The important duties of Supervisor have been performed, to my entire satisfaction, throughout the year, in the men's department by Mr. Shufelt, and in the women's by Mrs. Rice.

The chief places in all the subordinate departments have, likewise, been well filled, some, indeed, better than others, but *all well*.

And thus we come to the conclusion of the time and the duties of another year. Let us hope that the ministrations of the hospital, during that period, although they may not have been co-extensive with our desires, have effected something in the melioration of human suffering, and thereby proved the institution to be worthy of the fostering care of a liberal government and a generous people.

The lame man does not forget his staff, nor the cripple his crutch; and at this point I should disregard the dictates of both inclination and duty if I failed to recognize the invariable and unwavering support received from the Board of Trustees. Your suggestions, gentlemen, your counsel and your aid have been a potent reality. In them, and in the concord of opinion and action between you and the Superintendent, are found, to a great extent, the sources of prosperity in the institution committed to your charge.

Respectfully submitted.

PLINY EARLE, *Superintendent*.

NORTHAMPTON, October 3d, 1866.

A P P E N D I X .

TABLE No. 1,

Showing the Supposed Causes of Insanity in Patients admitted this Year.

CAUSES.	Males.	Females.	Total.
Ill health,	15	11	26
Epilepsy,	6	5	11
Intemperance,	11	3	14
Overwork,	3	—	3
Exhaustion,	2	2	4
Loss of friends,	1	1	2
Business difficulties,	2	—	2
Hard study,	1	—	1
Spiritualism,	—	1	1
Religious excitement,	1	1	2
Trouble,	—	5	5
Unknown,	33	32	65
Totals,	75	61	136

TABLE No. 2,

Showing the Occupations of the Male Patients.

Farmers, 12	Mechanics, 9
Laborers, 20	Broker, 1
Merchants, 3	Clergyman, 1
Clerks, 4	Brewer, 1
Student, 1	Actor, 1
Carpenters, 3	Unknown, 4
Painters, 2	
No business, 10	Total, 75
Lawyers, 3	

TABLE No. 3,
Showing the Civil Condition of the Patients admitted.

CONDITION.	Males.	Females.	Total.
Single,	30	22	52
Married,	34	23	57
Widowers,	4	—	4
Widows,	—	9	9
Divorced,	—	1	1
Unknown,	7	6	13
Totals,	75	61	136

TABLE No. 4,
Showing the Ages of all admitted in the course of the year.

AGES.	Males.	Females.	Total.
Between 10 and 20 years,	4	2	6
20 and 30 years,	21	16	37
30 and 40 years,	12	14	26
40 and 50 years,	16	17	33
50 and 60 years,	9	3	12
60 and 70 years,	10	7	17
70 and 80 years,	2	1	3
Over 80 years,	1	1	2
Totals,	75	61	136

TABLE No. 5,
Showing the Ages at which Insanity appeared.

AGES.	Males.	Females.	Total.
Between 10 and 20 years,	5	5	10
20 and 30 years,	16	14	30
30 and 40 years,	7	3	10
40 and 50 years,	5	10	15
50 and 60 years,	5	2	7
60 and 70 years,	4	1	5
Over 70 years,	3	1	4
Less than 10 years,	1	1	2
Unknown,	29	24	53
Totals,	75	61	136

TABLE No. 6,
Showing the Duration of the Disease before admission.

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year,	25	12	37
From 1 to 2 years,	—	3	3
2 to 5 years,	11	8	19
5 to 10 years,	9	7	16
10 to 15 years,	2	1	3
Fifteen years and over,	1	7	8
Several years,	3	4	7
Unknown,	24	19	43
Totals,	75	61	136

TABLE No. 7,
Showing the Causes of Death in those deceased.

CAUSES OF DEATH.	Males.	Females.	Total.
Phthisis,	3	6	9
Marasmus,	4	3	7
Epilepsy,	3	1	4
Paralysis,	3	—	3
Pneumonia,	1	—	1
Typhomania,	1	2	3
Fit,	1	—	1
Old age,	2	1	3
Totals,	18	13	31

TABLE No. 8,
Showing the Residence of the Patients admitted in the course of the Year.

COUNTIES.	Males.	Females.	Total.
Hampshire,	13	6	19
Hampden,	8	14	22
Bristol,	12	18	30
Worcester,	6	5	11
Berkshire,	13	4	17
Franklin,	9	6	15
Middlesex,	2	—	2
Other States,	12	8	20
Totals,	75	61	136

TABLE No. 9,
Showing the Proportion of Commitments.

COMMITTED BY	Males.	Females.	Total.
Judges and Courts,	19	18	37
Overseers of Poor,	3	3	6
Board of State Charities,	19	23	42
Friends,	34	17	51
Totals,	75	61	136

TABLE No. 10,
Showing by whom the Patients will probably be Supported.

SUPPORTED BY	Males.	Females.	Total.
State,	30	36	66
Towns,	9	6	15
Friends,	36	19	55
Totals,	75	61	136

TABLE No. 11,
Showing the Nativity of the Patients.

NATIVITY.	Males.	Females.	Total.
America,	54	33	87
Ireland,	17	24	41
England,	4	3	7
Unknown,	—	1	1
Totals,	75	61	136

TABLE No. 12.

Status of Patients in Hospital September 30th, 1866.

	Males.	Females.	Total.
State Patients,	107	165	272
Town Patients,	34	18	52
Private Boarders,	41	40	81
Totals,	182	223	405

TABLE No. 13.

List of Articles made in the Sewing-Room.

Gowns,	227	Sheets,	239
Chemises,	258	Pillow-cases,	332
Skirts,	107	Bed-ticks, }	36
Aprons,	55	Mattress-ticks, }	
Sacks,	7	Bolster-cases,	14
Waists,	9	Table-cloths,	6
Drawers, pairs,	20	Towels,	391
Shirts,	277	Curtains,	29
Collars,	89	Camisoles,	15
Stockings, pairs,	58	Carriage-covers,	2
Stockings, footed, pairs,	144	Bags,	18
Mittens, pairs,	76	Mangle-cloths,	2
Overalls, pairs,	7	Garments repaired,	7,583
Suspenders, pairs,	123		

TABLE No. 14,
Showing the Supplies for the several Departments for the Year.

	Sheets.	Pillow Cases.	Coverlets.	Bolster Cases.	Bed Ticks.	Pillow Ticks.	Cups.	Saucers.	Plates.	Bowls.	Tumblers.	Mugs, small.	Tin Cups.	Tin Plates.	Milk Pitchers.	Water Pitchers.	Molasses Cups.	Pepper Castor.	Knives.	Forks.	Spoons.	Table Spreads.	Napkins.	Aprons.	Towels.
<i>Men's Department.</i>																									
Upper 1st Hall, . .	13	—	—	—	3	—	—	6	12	—	24	—	—	—	—	1	1	—	—	—	—	2	—	—	13
Upper 2d Hall, . .	11	12	—	—	4	—	6	16	18	2	16	6	1	—	—	—	—	—	—	—	—	—	—	—	42
Upper 3d & 4th Halls,	14	—	—	—	3	—	—	—	3	2	5	7	—	—	—	—	—	—	—	—	2	—	—	—	5
Middle 1st Hall, . .	—	29	—	—	2	—	9	15	—	2	—	3	2	—	—	—	—	—	—	—	—	—	—	—	6
Middle 2d Hall, . .	6	18	—	—	3	—	—	—	—	—	—	3	6	—	—	—	—	—	—	—	—	—	—	—	7
Middle 3d & 4th Halls,	20	12	—	—	5	—	—	—	5	5	—	1	10	3	—	—	—	—	—	—	12	—	—	—	5
Lower 1st Hall, . .	—	30	—	—	—	—	—	—	—	—	—	6	—	—	1	—	—	—	—	—	19	—	—	—	13
Lower 2d Hall, . .	30	24	—	—	2	—	—	—	—	—	—	1	4	—	—	1	—	—	—	—	8	—	—	—	2
Lower 3d & 4th Halls,	24	24	—	—	7	3	—	—	—	—	—	—	19	—	—	—	—	—	—	—	11	—	—	—	—
<i>Women's Department.</i>																									
Upper 1st Hall, . .	—	12	—	6	—	—	—	12	—	—	12	—	—	—	—	1	—	—	—	9	—	—	2	—	37
Upper 2d Hall, . .	9	26	12	—	2	2	3	12	3	—	6	—	2	—	—	1	1	—	—	—	3	—	—	—	8
Upper 3d Hall, . .	18	16	—	—	—	4	6	—	—	—	2	—	—	9	—	—	1	—	—	—	12	—	—	—	3

[illegible]

TABLE No. 14.—Concluded.

Showing the Supplies for the several Departments for the Year.

	Wash Bowls.	Wash Basins.	Hair Brushes.	Whisks.	Brooms.	Dust Brushes.	Scrub'g Brushes.	Dust Pans.	Mop Handles.	Pails.	Carpet Strips.	Curtains.	Mirrors.	Lanterns.	Match Safes.	Shoe Brushes.	Boxes Blacking.	Spittoons.	Chambers.	Hard Soap, lbs.	Spools Thread.	Skeins Thread.	Papers Needles.	Papers Pins.	Darning Needles.
<i>Men's Department.</i>																									
Upper 1st Hall, . .	-	-	-	2	7	-	-	1	1	1	2	5	-	-	-	-	8	1	1	16	-	2	-	-	-
Upper 2d Hall, . .	-	1	2	2	9	1	-	1	1	-	13	-	-	-	-	1	9	2	10	17	-	2	-	-	-
Upper 3d & 4th Halls,	-	1	2	2	5	1	-	-	2	1	-	-	5	1	-	-	8	-	4	25	-	3	-	-	-
Middle 1st Hall, . .	-	-	1	1	17	-	-	-	-	1	-	-	-	-	-	-	7	2	6	39	-	11	-	-	-
Middle 2d Hall, . .	-	1	2	-	15	-	-	-	3	1	-	-	-	1	-	2	4	-	12	32	-	7	-	-	-
Middle 3d & 4th Halls,	-	-	-	-	14	-	-	-	1	3	-	-	-	-	-	1	1	-	13	25	-	8	-	-	-
Lower 1st Hall, . .	-	-	1	-	17	1	-	-	-	1	-	-	-	2	-	1	2	-	13	31	-	2	-	-	-
Lower 2d Hall, . .	1	1	1	-	17	-	-	1	2	-	-	-	-	-	-	-	2	-	12	30	-	2	-	-	-
Lower 3d & 4th Halls,	-	-	-	-	15	-	-	-	3	-	-	-	-	2	-	-	-	1	36	21	-	3	-	-	-
<i>Women's Department.</i>																									
Upper 1st Hall, . .	2	-	-	1	10	2	-	-	2	-	-	12	-	-	-	-	-	-	-	67	1	1	-	2	1
Upper 2d Hall, . .	-	-	-	2	11	-	-	-	1	-	-	4	2	-	-	-	-	-	18	47	7	1	1	2	4
Upper 3d Hall, . .	-	-	-	-	12	1	-	-	-	1	-	-	-	-	-	-	-	-	6	40	15	1	2	3	-

List of Salaried Officers, and their Salaries.

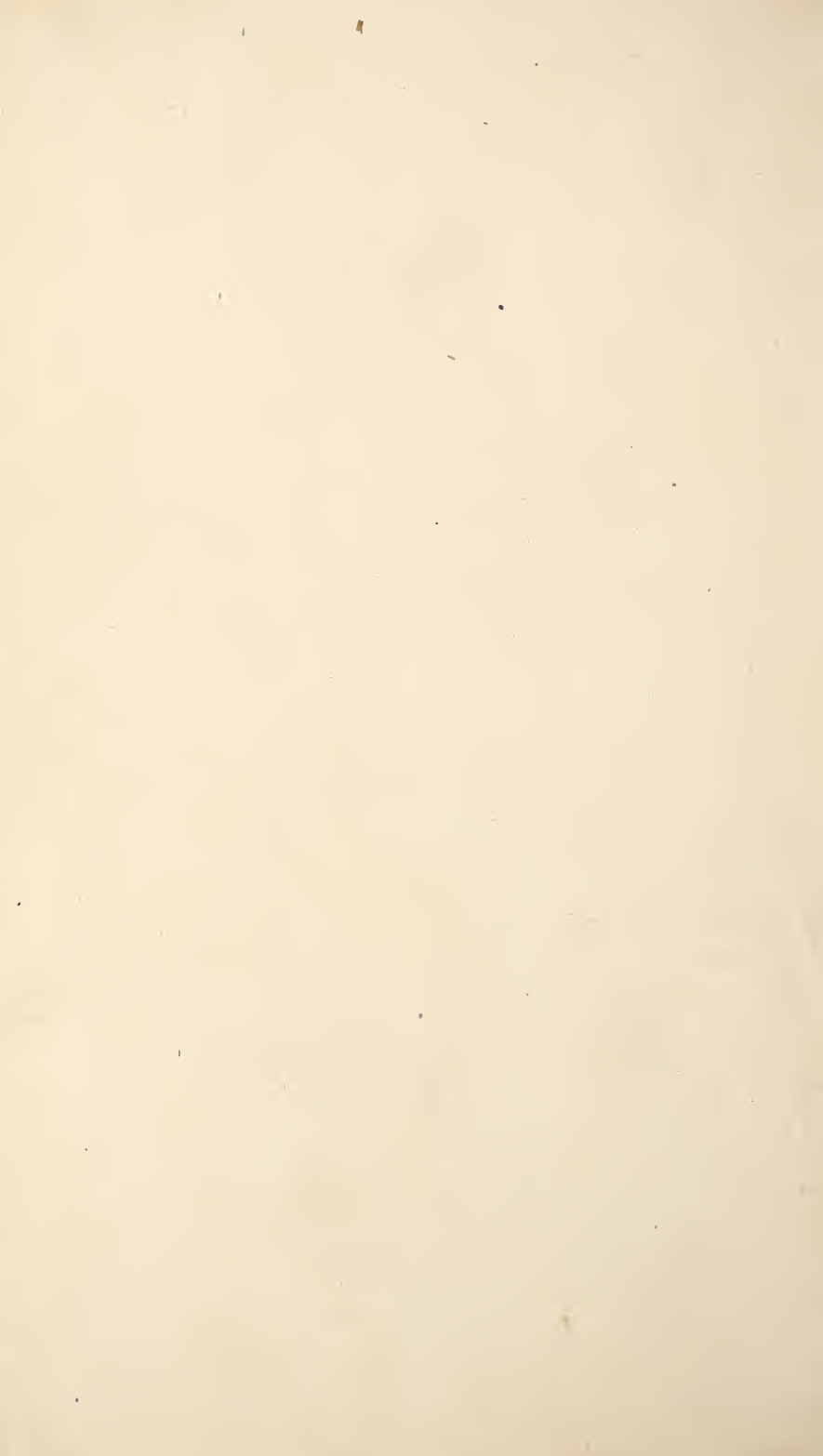
PLINY EARLE, A. M., M. D., <i>Superintendent</i> ,	\$1,800 00
SILAS M. SMITH, <i>Treasurer</i> ,	300 00
C. K. BARTLETT, M. D., <i>Assistant-Physician</i> ,	900 00
C. M. MOODY, <i>Clerk</i> ,	800 00
ASA WRIGHT, <i>Farmer</i> ,	600 00
DANFORD MORSE, <i>Engineer</i> ,	780 00
	<hr/> \$5,180 00

*Number of Persons actually employed in the Regular Duties of the Hospital.**

OCCUPATIONS.	Men.	Women.	Total.
Supervisors,	1	1	2
Seamstress,	—	1	1
Laundress,	—	1	1
Baker,	1	—	1
Steward,	1	—	1
General Attendants,	9	12	21
Special Attendants,	1	1	2
House work, centre building,	—	2	2
Cook,	—	1	1
Assistant-Cooks,	1	2	3
Assistant-Laundress,	—	1	1
Watchman,	1	—	1
Carpenter,	1	—	1
Assistant-Engineer,	1	—	1
Hostler,	1	—	1
At pump-house,	1	—	1
Farmers, (in summer, 3,)	2	—	2
Total,	21	22	43

* During the past year a painter has been constantly employed.





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